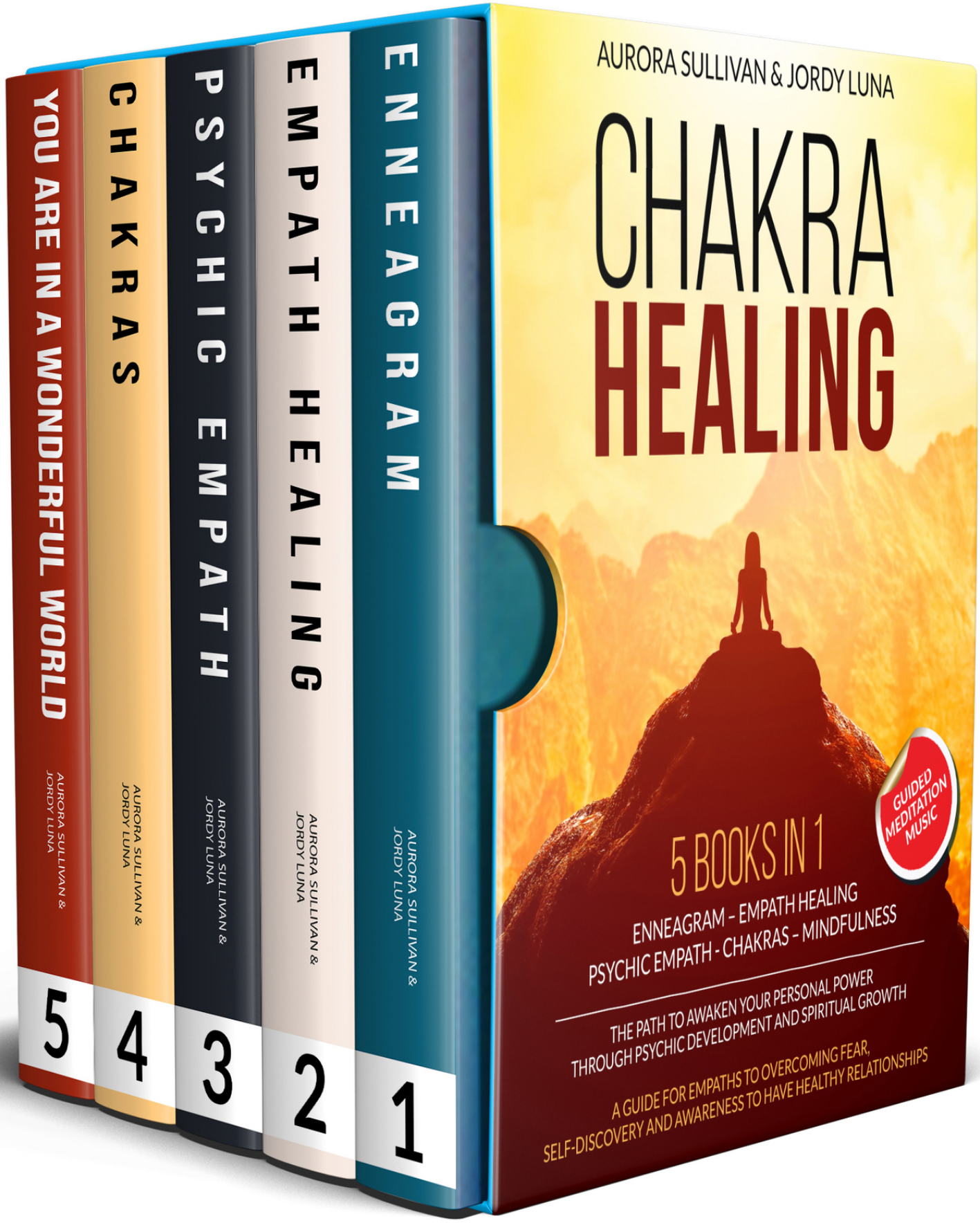
AURORA SULLIVAN & JORDY LUNA
CHAKRA HEALING
5 BOOKS IN 1
ENNEAGRAM – EMPATH HEALING
PSYCHIC EMPATH - CHAKRAS – MINDFULNESS
THE PATH TO AWAKEN YOUR PERSONAL POWER
THROUGH PSYCHIC DEVELOPMENT AND SPIRITUAL GROWTH
A GUIDE FOR EMPATHS TO OVERCOMING FEAR,
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3
CHAKRAS
AURORA SULLIVAN & JORDY LUNA
4
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AURORA SULLIVAN & JORDY LUNA
5

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3
CHAKRAS
AURORA SULLIVAN & JORDY LUNA
4
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AURORA SULLIVAN & JORDY LUNA
5

The

PATH

to

DELIVERANCE

A path to Healthy Relationship with yourself and others.
Know your personality type, self-discovery to personal growth
Boost your productivity. A C leansing Experience
to Cultivate your Inner Talent

AURORA SULLIVAN & JORDY LUNA

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TABLE of CONTENTS

ENNEAGRAM

Introduction

Chapter 1 Essence and Personality

Chapter 2 - 9 Types of Personality

Chapter 3 Enneagram Type 1: Perfectionist/Reformer

Chapter 4 Enneagram Type 2 The Helper/Giver

Chapter 5 Enneagram Type 3 The Achiever/Performer

Chapter 6 Enneagram Type 4 The Individualist/Romantic

Chapter 7 Enneagram Type 5 The Investigator/Observer

Chapter 8 Enneagram Type 6 The Loyalist

Chapter 9 Enneagram Type 7 The Enthusiast/ Adventurer

Chapter 10 Enneagram Type 8 The Challenger/Asserter

Chapter 11 Enneagram Type 9 The Peacemaker/Mediator

Chapter 12 Enneagram Test

Chapter 13 Enneagram’s Arrows

Chapter 14 A Guide to Spiritual Transformation

Chapter 15 Becoming Spiritually Alive

Chapter 16 Embrace your Growth

Chapter 17 Change to Growth

Chapter 18 How to Have Happier and Stronger Relationships

Chapter 19 The Triads, the Heart and Soul of the Enneagram

Chapter 20 Discover Who you are and Who you can Be

Chapter 21 The Enneagram Effect

Chapter 22 Benefits of Using Enneagram

Chapter 23 How To Get Along With Different Enneagram Types?

Chapter 24 Dynamics and Variations

Chapter 25 How To Analyze People Body Language

Conclusion

EMPATH HEALING

Introduction

Chapter 1 What is an Empath

Chapter 2 Scientific Understanding of Empathy

Chapter 3 History of Empathy

Chapter 4 Importance of Empathy

Chapter 5 Benefits of Being an Empath

Chapter 6 How to Discover and Embrace Your Empath Gift?

Chapter 7 Are you an Empath?

Chapter 8 Understanding and Embracing Your Gift

Chapter 9 Normalizing and Maintaining Your Gift

Chapter 10 Trust Your Intuition

Chapter 11 Types of Empaths

Chapter 12 Empath and Relationship

Chapter 13 Tips for Empaths in Intimate Relationships

Chapter 14 Tools for Transformation and Spiritual Growth

Chapter 15 Your Guide to Healing Meditation

Chapter 16 Empath Healing

Chapter 17 How Empathy Works

Chapter 18 Different Empathy Levels

Chapter 19 Which Areas of the Empathic Lives?

Chapter 20 Are Empaths Born or Developed?

Chapter 21 Emotional Intelligence and Empathy

Chapter 22 Different Ways to Overcome Anxiety as An Empath

Chapter 23 Change Your Mindset

Chapter 24 How to Get Rid of Toxic and Negative People and Negative Energy

Chapter 25 Finding Empathic Joy

Chapter 26 The Overall Experience of a Person's Empathic Healing

Conclusion

PSYCHIC EMPATH

Introduction

Chapter 1 Developing Psychic Abilities

Chapter 2 How Unleash Your Psychic Powers

Chapter 3 Ups and Downs of Being an Empath

Chapter 4 Awakening Your Psychic Abilities

Chapter 5 Psychic Protection

Chapter 6 “The Energy Vampires”

Chapter 7 Shielding & Clearing your Energy

Chapter 8 Developing your Gift

Chapter 9 Psychic Protection Techniques

Chapter 10 The Key to Controlling Empathy

Chapter 11 Learn How to Handle Negative Energy to Support Yourself

Chapter 12 Understanding Psychic Empaths

Chapter 13 Benefits and Challenges of Empathy

Chapter 14 Fundamentals of Psychic Training

Chapter 15 The Qualities of Psychic Empathy

Chapter 16 How to Prevent Empathic Pain

Chapter 17 Understand Your Empathic Personality

Chapter 18 The Healthy Empath

Chapter 19 Four Types of Psychic Intuition

Chapter 20 Tips for Empathy and Highly Sensitive People to Protect and Manage Your Own Power

Chapter 21 Strategies to Be More Empathic

Chapter 22 Crystals for Empaths

Chapter 23 Stages of Empaths

Chapter 24 The Empathy Coping Mechanism

Chapter 25 Connecting with Spirit Guides

Conclusion

CHAKRAS

Introduction

Chapter 1. Meditation and Chakra Healing for Empath

Chapter 2. Breathing Meditation Technique

Chapter 3. The Root Chakra

Chapter 4. Sacral Chakra

Chapter 5. Solar Plexus Chakra

Chapter 6. Heart Chakra

Chapter 7. Throat Chakra

Chapter 8. Third Eye Chakra

Chapter 9. The Crown Chakra

Chapter 10. Meditations for Root Chakra

Chapter 11. Heal Your Mind And Your Body With The Chakra

Chapter 12. Self-Healing Techniques For Anxiety, Panic Attacks And Pain

Chapter 13. Importance Of Positive Energy

Chapter 14. How to Balance Your Energy Flow

Chapter 15. Healing Remedies And Treatment

Chapter 16. Using Meditation To Strengthen Your Chakras

Chapter 17. Balancing Your Chakras

Chapter 18. Chakras and Positivity

Chapter 19. Importance Of Chakras to Other Body Parts

Chapter 20. Cleansing of Chakras by Thought and Action

Chapter 21. Awakening The 7 Chakras

Chapter 22. Chakras and Energy Flows in the Human Body

Chapter 23. Ways of Aligning Chakras Beyond Meditation

Chapter 24. Methods of Chakra Healing

Chapter 25. Improve Your Aura

Chapter 26. Guided Meditation On Aura Observation Psychological Perception And Spiritual Enlightenment

Chapter 27. Mistakes to Avoid While Awakening Chakra

Chapter 28. The Psychology of Chakras

Conclusion

YOU ARE IN A WONDERFUL WORLD

Introduction

Chapter 1 How Mindfulness Supports Personal Growth

Chapter 2 Transforming Your Thinking Patterns

Chapter 3 Creating a Strong Foundation for Self-Esteem

Chapter 4 Meditation and Mindfulness

Chapter 5 Developing a Meditation Routine

Chapter 6 Becoming More Mindful in Your Life

Chapter 7 Powerful Habit Changes for a Better Life

Chapter 8 Learning to Declutter Your Life

Chapter 9 Continuing Your Mindful Growth Journey

Conclusion

ENNEAGRAM

A PATH TO HEALTHY RELATIONSHIP
GET TO KNOW YOUR PERSONALITY TYPE.
AN IMPORTANT SELF DISCOVERY TO
PERSONAL GROWTH TO BOOST YOUR
PRODUCTIVITY

AURORA SULLIVAN & JORDY LUNA

Introduction

You've previously known the feeling — the one in the universe where you feel lost. You assume there's a space for everyone else but yourself. You ask: "What is my life mission?" Or "What is my aim?" As you travel from home to work, and then back home. Sometimes, because you need to pick up dinner or your kids have an extracurricular activity you need to watch, you take a little detour. But no matter where you go, the feeling keeps following you, creating a deep hole within your soul.

During this point in your life, you need to open up your mind a bit more so you can take note of messages from the universe. That’s right, when you feel like you're lost in the woods, it’s the universe trying to send you messages. The universe wants you to pay attention to these messages because it’s trying to help you. However, to do this, you need to know the basics that this book teaches you.

So, what do you need to look out for, and what type of messages is the universe sending you? Well, you find the messages everywhere. Sometimes they’re in your dreams—the ones you remember, especially when you remember certain pieces of your dreams. They’re in the numbers you see on the clock, your phone, computer, odometer on your car, and everywhere else. The messages are in your palms, your astrology reading, your life path number, and your personality.

Don’t worry if you don’t understand what an Enneagram is and how it can help you make a profile of your personality, or you don’t know your life path number because you have never heard of it. Because all this is explained in the contents of the book. This includes three tricks you need to open up your mind, heart, and soul so you can learn to understand and receive the knowledge and truly start to see your messages.

I was once lost, but as soon as I started looking into my life path number, Enneagram personality type, my dreams, and noting the repeating numbers I saw every day, I started finding myself. I’ll be honest, I am still on my journey to self-discovery, but every day I grow a little stronger and wiser. Every day I find out more about myself because I listen to what the universe is telling me, and so can you. By listening to the universe, you’ll

start to find your life's path, the path you and only you have to take. You'll start to feel like you belong, that you're loved, that you have a mission and a purpose. It's in this moment, you truly start living your life to the fullest.

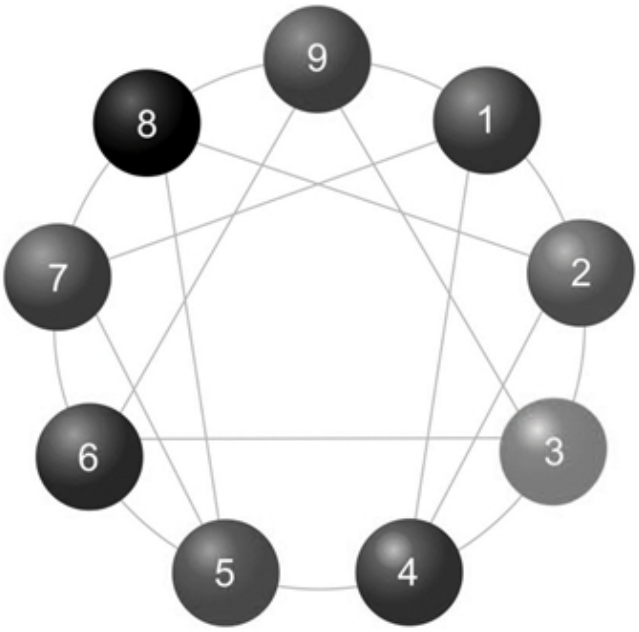
It's a painful feeling—the one you feel when you're lost in the world. It's a feeling that I don't want anyone to feel because I understand it so clearly. After reading this book, I promise that you'll be on your path of self-discovery. I believe in you, and I will help you believe in yourself.

You won't regret reading the words in this book, but you will regret not learning the signs of the universe. You can decide to take control of your life today, or you can continue walking in your woods, lost. You can find your meadow full of flowers, a waterfall, rainbow, and even your magical unicorn but you need to make the conscious decision to open up your mind to this book and learn to understand the universe's signs.

You need to open your mind to the parts that will now follow, which discuss numerology, astrology, angel numbers, palm reading, and Enneagram. At the same time, you don't want to overwhelm yourself with all of the information. It's perfectly fine to take your time reading this book, because time helps you understand. Time will help you notice the signs from the universe as you're reading and allow you to walk yourself through them. For example, if you see "3:33" on the clock nearly every day, you can use the angel numbers part to help you understand the meaning and what to do next. The goal of this book is not only to help you, but to create a habit within you that notices the signs you are given. Once it becomes a habit, the signs are noticeable in an automatic fashion as you don't need to really think about or look for them. It's like the universe just places them in front of you and you go, "Ah yes, there's my message."

Chapter 1
Essence and Personality

The name ‘Enneagram’ is a Greek word meaning nine writings (ennea/nine, gram/a thing written). Each point on the Enneagram represents a distinct personality type – “Type 1,” “Type 2,” “Type 3,” etc. When first learning about the Enneagram, it is easy to get the types and numbers mixed up, so people often refer to types by nicknames that give a snapshot of a trait central to the personality type.



The nine Enneagram types and nicknames are as follows:

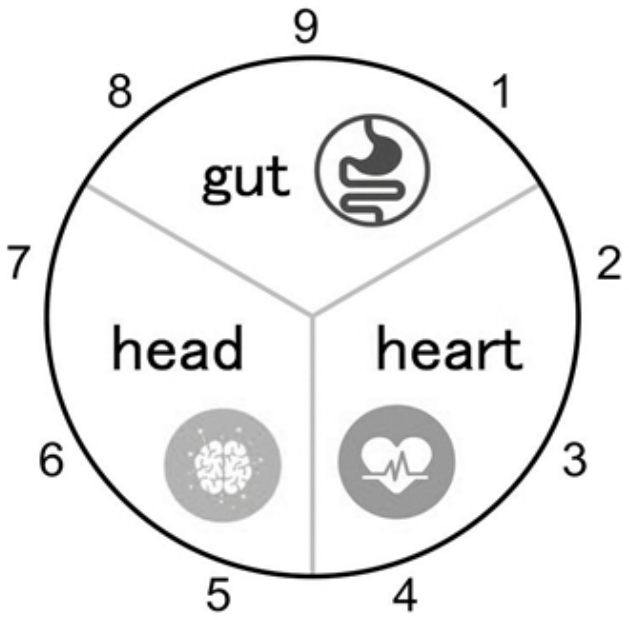
- Type 1: the Reformer; the Perfectionist
- Type 2: the Helper
- Type 3: the Achiever; the Performer

- Type 4: the Individualist; the Romantic
- Type 5: the Observer; the Investigator
- Type 6: the Loyalist; the Skeptic
- Type 7: the Enthusiast
- Type 8: the Challenger; the Protector
- Type 9: the Peacemaker

When we first learned about each Enneagram type, it never really "clicked" for us until we identified one of our family members or friends that live and breathe that personality type. We could read about abstract concepts having to do with this mysterious idea of a "Three" or a "Seven" all day, but we just had trouble making sense of it until the "Three" and "Seven" had a name and face. We are going to save you some of the hair-pulling we went through and give each personality type a name straight away. Every time we introduce an Enneagram type, we will simultaneously introduce you to a character that has that personality type. We'll describe a brief scenario to give a bit of context about how that character acts, thinks, and interacts with others. The scenarios will make the personality types more relatable and give you a glimpse into how each personality experiences the world around them. As we move through each point on the Enneagram you'll meet Susan, (a Two), Alison (a Three), Jennifer (another Three), Markus (a Four), Peter (a Five), Jane (a Six), Dirk (a Seven), Dana (an Eight), Sophie (a Nine), and Henry (a One).

You might be wondering – why in the world would we start with Two and end with One? If you weren't wondering that, bear with us during this segue.

One of the easiest ways to divide up the nine personality types is into three main centers of intelligence. The three centers are: Heart (Feeling), Head (Thinking), and Gut (Instinctive).



Every person has each of the three centers within them in varying degrees. Head, or thinking, intelligence is probably the easiest for us to conceptualize. Regardless of whether your Enneagram type sits in the Head Triad, you certainly know how to make decisions and become motivated based on processes that occur within your head center, which operates through logic and reason. What separates non-Head types from the head types, is that head types predominately use their Head Center when moving through their world. It is their dominant guiding force in how they act and perceive the world. In contrast, Enneagram types in the gut center will use their head center sometimes, but will mostly operate based on processes that occur in the gut center, which is based on visceral, or “gut” instincts.

Each center interacts with and builds on one another, so you can’t work on one center without impacting the other two. The more balanced and healthier a person is, the more they will operate equally from each of the three centers. Consider a three-legged stool. Would you be able to sit on the stool if it has one leg that was a bit longer than the others? Sure. But would it be more comfortable if the three legs were perfectly balanced? Definitely.

What if the stool had one leg that was really, really long, and other legs that were pretty much just stubs? It probably wouldn’t even be able to stand up on its own! There are people like this too – people who are so dominant

in one center of intelligence that it becomes unhealthy. We'll discuss how this can come to be as we journey through each stop on the Enneagram.

In Enneagram speak, we often hear about the word "integration." This is essentially having a perfectly balanced stool. Of course, no one is perfect, so even the most integrated person will likely be a little uneven and prefer to operate from one center of intelligence a little bit more than the others. But even still, the goal should always be to achieve a state where we are balanced in our ability to pull information from our hearts, heads, and guts. To achieve this, a person first needs to become mindful enough to know which center they primarily operate in. Then, they can coordinate all three centers to lead a more balanced and fulfilling life.

The Heart (Feeling) Center – 2/3/4

When we discuss the "heart" we are referring to a person's inter- and intra-personal relationships. Inter-personal relationships simply describe how well you know and connect with other people around you, while intra-personal relationship is how well you know and connect with yourself. When it comes to knowing yourself, your heart should ideally know the truth of who you are as a person and feel secure in your inner sense of self. It lets you know your identity and the reality of who you truly are at your core. It gives you a feeling of significance, value, and glory. When someone says something about you that is genuine and that really resonates with you, your heart opens up and you feel profoundly validated as a person.

When someone has distorted connections with their sense of self and relationships with others, they search for the acknowledgment and approval of others. Everyone starts this way. When we were little, we didn't have the ability of self-reflection. Our identity could only be figured out through others' eyes. When the attention we need is not given, we feel a profound feeling of shame, emptiness, and that something is missing. The heart center types carry this need for validation into adulthood and become highly concerned with crafting a self-image that they believe is worthy of attention.

For members of the heart triad, shame is the dominant emotion that (often unconsciously) leads to unhealthy thought and behavior patterns. Type 2s publicly show their shame and create an image of a good person,

Type 3s Feel uncomfortable with their shame and create an image of achievement, while the Type 4s mask their shame and create an image of a unique personality.

The Head (Thinking) Center – 5/6/7

The head center gives us wisdom into the present through the ability to observe, think, and reason. When we can logically assess the world around us along with our position in the world, that serves as the foundation that everything else in our lives can be built on. To some degree, we each need the security of knowledge about the physical world around us. When we lose that sense of presence and feel uncertain about what we can observe and reason with, we lose the ground that is holding, guiding and supporting us – which can make any person fearful and panicky. The head center gives us the ability to minimize uncertainty by observing the current environment, anticipating future events, and making plans on how best to handle those events.

When the head center is too dominant, a person can become paralyzed by a non-stop stream of thoughts and planning to the point that no action is ever taken. On the contrary, if someone does not have adequate access to this center, they may be impulsive and jump into actions without thinking very much at all. As always, the key to success is finding the right balance.

For members of the head triad, fear is the dominant emotion that (often unconsciously) leads to unhealthy thought and behavior patterns. Type 5s disguise their fear by withdrawing into their mind, type 6s avoid internal and external threats because they are conflicted with their fear, while type 7s externalize their fear by keeping their minds busy with activities.

The Gut (Instinctive) Center – 8/9/1

You can think of visceral, or gut, instincts as the feeling you might sometimes get in your body that immediately communicates a piece of information to you. You might feel a sudden disturbance in your stomach that makes you sense that something is off. Or more optimistically, you might experience a deep knowing that you’ve found the love of your life. Your gut center gives you the ability to know what is true and not true

instinctively – a truth that is not necessarily dependent on direct observations and analytical assessments. For members of the gut triad, these types of gut feelings are a major motivating force driving their actions and decisions.

For members of the gut triad, anger is the dominant emotion that (often unconsciously) leads to unhealthy thought and behavior patterns. Type 8s outsource and express their rage, type 9s feel conflicted and alienated from their anger, while type 1s mask their frustration and repress it.

Diving In

For such a small diagram, the Enneagram houses a ton of information, so don’t worry if you already feel like you’re in a bit of a whirlwind. Once we start describing more details about arrows, wings, variants, and subtypes – that would just complicate things even further! If you have a general understanding of the three centers, that’s plenty for now. We think the best way to really hammer down these concepts is to jump straight into the core personality types in each center. So that’s exactly what we’ll do now. Once we finish exploring each type, we’ll circle back to wings, arrows, and all that other good stuff. Enjoy your journey into the first of three triads we’ll investigate: the Heart Triad.

Chapter 2
9 Types of Personality

The Enneagram of Personality describes nine contrasting worldviews and perspectives. These can be seen as strategies to navigate the journey of life. They can also be described as patterns. The theory of these personality types isn't that they describe a perfect individual or a bad individual; in each of the types is contained a pattern that develops in many ways and directions. For example, the Protector, or Type Seven, has the capacity to use their power and intensity for incredibly good and the wellbeing of others, or for unspeakable evil. The characteristics that go with each type can be considered coping mechanisms, or habits, strategies; the can be developed in a skillful manner or an unskillful one. In the initial description of each type, there are some classifications. The Triad, which will be explored in more depth later, describes some of the basic drives and fears of the nine types divided into three groups. The Spiritual Focus of the type is where they find their general focus as an individual most of the time, for better or worse. Strength is an example of one common adaptive characteristic of the type, and the Weakness is one example of a maladaptive characteristic of the type. The Positive Direction describes a positive path for growth that is commonly seen among the specified individuals.

Type One is The Perfectionist

- Triad: Defender
- Spiritual Focus: Correcting error, a right/wrong mindset
- Strength: Moral compass
- Weakness: Error
- Positive Direction: From criticality and judging to serenity
- Essence: Perfection
- Secure Embodiment: The Enthusiast
- Stress Embodiment: The Romantic
- Wings: The Peacemaker and The Giver

The Type Ones are idealists, striving for truth, justice, fairness, honesty, and moral order. They are often very good leaders, but have trouble

accepting their imperfections and the imperfections of others, offering too much criticism of themselves and others.

Type Ones try to be good so that they won't be punished. The Perfectionist moves into adulthood, they will often find that they have internalized the voices of these demanding figures in their childhood. The voices may evoke thoughts of "self-sacrificing," good, or generous. The ultimate question that these voices are often asking is "are you good enough?" Inside the Perfectionist, court is always in session. The prosecution is bringing up all of these examples of when the person was not good enough, how they could never be good enough. The defendant, strong at first, offers up some instances where the person did enough, but never quite wins the case.

Type Two is The Helper

- Triad: Attacher
- Spiritual Focus: Needs of Others
- Strength: True giving
- Weakness: Own needs
- Positive Direction: From pride to humility
- Essence: Freedom
- Secure Embodiment: The Romantic
- Stress Embodiment: The Protector
- Wings: The Perfectionist and the Performer

Type Twos, The Givers, often will seek out relationships and work that aligns with their need to help others and give to others. They may find themselves in the professions of education, healthcare, or psychology. They stand by others when they have to endure suffering, pain, or conflict. This gives The Giver a sense that they have a place in the world, and that someone else is with them to help them (or need them) when they need it. The Giver often has faults that may be more difficult to see than other types. They may find that they have an excessive need for validation. They may find that their childhood experience was one of emptiness or sadness. This can be an environment that was lacking in security or empathy. Oftentimes, the Giver experienced a family of origin in which the love was conditional. They needed to fulfill a role in order to have love.

Type Three is the Achiever

- Triad: Attacher
- Spiritual Focus: Tasks
- Weakness: Failure
- Strength: Leadership on behalf of others
- Positive Direction: From self-deceit to honesty
- Essence: Hope
- Secure Embodiment: The Investigator
- Stress Embodiment: The Peacemaker
- Wings: The Giver and the Romantic

Type Threes will often have great difficulty in perceiving their own feelings. They are also holding their finger to the wind, like The Giver, but they don't as much as if they are liked or are good, instead they want to know if they are successful, or if they seem like they are winning.

The Performers draw their energy to form their successes. They are achievers, careerists, and seek status. The role of achieving protects the three from being able to get to know themselves. They see things as winning and losing.

Efficiency is a great value for The Performer. It fits pretty well with the American ideal of the American dream: if you work hard enough, you will work your way up. We are all very admiring of the winners in our capital system and don't much like the loser. The threes, when they are living close to the key vice of their personality, are more or less embodying the worst part of the American dream.

Type Four is Individualist

- Triad: Attacher
- Spiritual Focus: What's missing
- Weakness: Ordinariness
- Strength: Unique creativity, empathy
- Positive Direction: From self-deceit to honesty
- Essence: Universal belonging
- Secure Embodiment: The Perfectionist

- Stress Embodiment: The Giver
- Wings: The Performer and the Investigator

The Romantic will sometimes find they directing anger over a loss towards themselves. They believe that they are guilty and “bad”. Shame is a common vice for The Romantic. They will find themselves over and over again stuck in situations that are not good for them. They will cultivate their “badness” in this way and therefore will keep perpetuating the behavior.

The Romantic tends to not think much of the norms of society, for the boring, everyday rules of society. They feel themselves to be strangers or outsiders. This gives them an elitist consciousness, which helps them to be mindful of justice.

A Romantic will sometimes fall into the trap of thinking that their longing will eventually result in some ultimate object of their desire being conquered ad taken in, resulting in them being finally happy. They learn along the way that as soon as they possess the object of their desires (whether it be a relationship, job, or material goods) they will immediately be dissatisfied, as their longing becomes centered around a new ideal good.

Type Five is the Investigator

- Triad: Detacher
- Spiritual Focus: Gaining Knowledge
- Weakness: connection
- Strength: Rationality
- Positive Direction: From hoarding to allowing
- Essence: Awareness
- Secure Embodiment: The Protector
- Stress Embodiment: The Enthusiast
- Wings: The Loyalist and the Romantic

The investigator is driven by the need to perceive. They are heady people. They think before they act and they act according to objective information. They can be quite open and vulnerable and receptive to new information. They are researchers, inventors, journalists, and explorers. They can be very original and provocative, and tend to surprise people.

They are good listeners, active listeners who pay attention. They help others to become more perceptive.

In childhood, The Investigator often experienced extremes in the unbalance of intimacy. It can be augmented by an experience of too much intimacy, i.e. a cramped, no –private living situation, or by a lack of intimacy, where the child received little tenderness and affection. When this happens, children lose the capacity to develop the skills to show their feelings or express them psychically. They sense emptiness in themselves. It is caused by a lack of security and the feeling of being unmoored.

Type Six is the Loyalist

- Triad: Detacher
- Spiritual Focus: Scanning to seek certainty
- Weakness: Deviance, being seen as different
- Strength: Sound logic, clear thinking
- Positive Direction: From self-deceit to honesty
- Essence: Faith
- Secure Embodiment: The Peacemaker
- Stress Embodiment: The Performer
- Wings: The Enthusiast and the Investigator

These types are driven by the need for security and certainty. They are very cooperative. They are reliable team players. In relationships, one can always count on their fidelity. Their platonic relationships are often marked b warm-hearted and deep feelings. They are often highly original and witty; sometimes they have a grotesque sense of humor. The Loyalist who has adjusted well to their role in adulthood knows how to participate in important traditions with the readiness to take on new paths. They know what is possible and what isn’t. They can help you find the weak points in your project.

Some say that the Loyalist is one of the most frequently encountered personality types

The key vice for Type Sixes is fear and deceit.

They succumb easily to self-doubt. This makes them cautious, and if overtaken by this, they become fearful and have a hard time trusting people. They cense danger in almost every situation. In their worst form, they become victims of their paranoia.

Type Seven is an Enthusiast

- Triad: Detacher
- Spiritual Focus: Plans and options
- Weakness: Pain
- Strength: optimism
- Positive Direction: From no limits to restraint
- Essence: Commitment to work
- Secure Embodiment: The Investigator
- Stress Embodiment: The Peacemaker
- Wings: The Protector and the Loyalist

They are driven by the need to avoid pain. They are radiant, optimistic, and very alive. They are very mindful people. They can feel childlike in moments when others have difficulty. They have an immediacy to their spirit. They are full of idealism and plans for the future; they can pass on their enthusiasm to others. They are cheerful and love to be with people and children.

In childhood, the Enthusiast may have experienced an event that they felt was too much to hold, and to avoid the repetition of a similar event in the future, they may evolve to repress their original negative experience. Many Enthusiasts paint their story in a positive light; suggesting that you can't let it get you down. The Enthusiast finds that procrastination and avoidance cause trouble in their life. Unpleasant tasks are thrust aside, put off, or ignored.

Type Eight is the Protector

- Triad: Defender
- Spiritual Focus: Power and control
- Weakness: Vulnerability
- Strength: Empowering others

- Positive Direction: From excess to trusting sufficiency
- Essence: Truth
- Secure Embodiment: The Giver
- Stress Embodiment: The Investigator
- Wings: The Enthusiast and the Peacemaker

The Eight will impress you as strong and mighty. They have a sense of strength to their spirit and are able to care for and protect others. They instinctively know here something stinks, where injustice or dishonesty is at work. They can be a rock of stability and they take on sometimes incredible amounts of responsibility.

The Eight is an interesting inversion of the One Personality; instead of internalizing the message that they should always strive to “be good”, they internalize the message that they need to be “bad”, that the world will.

The weak, and that sort of tendencies will only lead to suffering. The childhood of at Protector will often be characterized by repression and being pushed around. They could trust now nobody but themselves.

Type Nine is the Peacemaker

- Triad: Defender
- Spiritual Focus: The agenda of others
- Weakness: Conflict
- Strength: Unconditional love
- Positive Direction: From being asleep oneself to the right action
- Essence: Universal love
- Secure Embodiment: The Performer
- Stress Embodiment: The Loyalist
- Wings: The Protector and the Perfectionist.

The Peacemaker is driven by the need to avoid. They have a gift of acceptance for others. They don’t approach others with prejudice and they make people felt understood and accepted. They can be very unbiased, because they have a sense of kindness around vice. They express harsh

truths very calmly and are able to handle matters of deep emotionality with power and grace.

It is arguable that the Peacemaker is a sort of default personality for humans, unaffected by the lack of skill or love from one’s parents. If we hadn’t grown up in whatever context we did, in such a technologically developed item, we may all type nines.

With all their abilities for peace and kindness, the Peacemaker may have a hard time understanding their own needs and their own nature. They need to find out what they actually want, who they are, and how they can exist in the world.

Chapter 3
Enneagram Type 1: Perfectionist/Reformer

Man, who knows everything

London, British Museum. A group of tourists accompanied by a guide visits an exhibition dedicated to ancient Egypt.

“This sarcophagus is five thousand years old,” explains the guide.

A bearded man in a turban — Mulla Nasreddin can be recognized in him — is separated from the group and says:

- It is not true: this sarcophagus is five thousand and three years old.

Tourists are amazed, the guide is unhappy.

The group moves to the next room.

“This vase,” the guide says, is two thousand five hundred years old.

“Two thousand five hundred and three,” corrects Nasiruddin.

“But listen, how can you date such ancient exhibits so accurately?” Even if you are a native of the East! No one in the world can know the exact age of these items!

- It's very simple! When I last visited this exhibition, and it was exactly three years ago, you said that this vase was two and a half thousand years old.

Idris Shah, "The exploits of the incomparable Mullah Nasreddin"

Conviction

The world is imperfect. I live to make it better.

Like the crusader on a warhorse, who sets out on a march to convert infidels, number 1, confident that the Truth is open to him, undertakes the mission to bring his own view of things into the world.

Pride

I am honest and hardworking.

Childhood

The basis of the behavior of the number 1 is the protection system, laid down in childhood. Most often we are talking about one of two options.

● Number 1 was brought up in an atmosphere of rigor, where a significant place was given to morality. Any, even the smallest mistake, was revealed and punished, while any success and positive qualities were considered the norm. As a result, a person had a feeling that someone closely and evaluatively followed his every step, there was an uncertainty that he was doing good or doing what was right. Adults constantly waited and demanded that the child be perfect - as a result, he could not afford weakness or laziness, felt obliged to look in society as an exemplary family face (to be tidy, docile, decent, perfect, to comply with generally accepted norms). Such a child is firmly placed on the rails, which cause him to be comme il faut in everything, and it is out of the question to leave them. Maybe,

● The number 1 is too early to bear the heavy burden of responsibility (in the form of a sick or depressed mother, a large family, other family difficulties). Comparing himself with others, such a child is often ashamed of his origin and his family. He tries to put things in order and assumes this responsibility in order to feel safe and increase self-esteem. He often becomes hyper-obligatory, takes the situation into his own hands, plunges headlong into business, developing in himself the qualities of soldiers. Number 1 sees an abyss that separates his ideal view of life (often in comparison with other families) and his own deplorable situation, and this awareness turns him into a clot of energy, which aims to eliminate this abyss. Thus, everything is overly complicated. Work for two, study for two, wishes, requirements in double volume. Attempts to shove a twice-bigger piece of food into your mouth than another person would. At number 1, such activity is manifested very early. In his childhood there is practically no place for pleasures, since pleasures begin when duties end, but not before.

Aims to avoid: making a mistake

Number 1 avoids criticism, cannot tolerate when accused of committing a mistake of dishonesty or insecurity. For number 1, nothing is worse than being suspected that it is not perfect. He is critical of himself, blames himself that he is not good enough, that he does not work enough on himself. He perceives the most innocent remarks in his direction as insults, gets offended and, being extremely sensitive, for a long time cannot forget the offense.

Main negative quality: anger

Number 1 does not stand criticism from the outside, but at the same time it does not cease to criticize itself, and this is enough for it in abundance. So, he tries to be perfect in everything, so that no one has any reason to blame him. But, since it’s impossible to maintain one’s own perfection, not to mention the perfection of others, for a long time, number 1 always feels annoyed that it cannot arrange everything the way it wants. Now and then the grains of sand fall into the impeccable mechanism of planned events, others do not always act "correctly." Externally, number 1 does not show its displeasure, clenching its teeth, tends to hold onto the image of “comme il faut”, expresses its opinion with short, jerky, dry-tone words like needles. At home, he often walks with an irritated look, is constantly outraged, he long remembers offenses. He may flare up when you see a slipper that is not put in place, or when you hear a word of abuse at the table.

Defense Reaction: Perfectionism

Number 1 first draws attention to the fact that you have the worst result. This instantly becomes his obsession and outrage, in his eyes you turn into a “frivolous” person worthy of every censure. He will need a lot of time before he can get rid of this categorical assessment, because if number 1 has a point of view, it rarely changes it, unless, of course, the accused apologizes and promises not to repeat mistakes again. And finally, for number 1, there are two categories of people: “correct” and “all others”. With the latter, he, of course, prefers not to get involved.

Number 1 constantly compares itself with those around it to check how far it has progressed in its own eyes. If you succeed, if you behave “better” according to his criteria, he immediately feels worthless and failed, starts to suffer from a strong sense of inferiority, which plunges him into depression, unless the thirst for primacy makes him try to match you. In this case, he will put all his strength on it.

If you, according to his criteria, didn’t show yourself so well, he will feel calmer, looking at you with an indulgent look, appreciating you by your mistakes and delusions. In this case, he will be anxious to force you to change, exposing yourself as a possible model or guide. God forbid you to refuse his help! You will instantly join a cohort of people who do not inspire confidence and do not deserve his respect, and it will be very difficult for you later on to get rid of the label attached to your name.

Work or Live With Enneagram type 1

Number 1 hardly obeys the person (chief), whom he considers incompetent according to his own criteria. He becomes treachery, constantly referring to the law, the established procedures, your promises, the collective agreement, etc.

With the same diligence, he tries to “pull others around” in regard to work, strives to achieve perfection in everything, whatever he does. His colleagues appreciate his prudence, organizational skills and attention to detail. They quickly realize that excessive familiarity with number 1 is not peculiar, that he is jealous of respecting the hierarchy of the stairs and prefers to stay with others at a fixed distance.

Number 1 is usually stingy with compliments. The advice he gives you is perceived by him as signs of attention, it is quite difficult for him to realize that in fact they annoy you. He gives them "well-meaning", sincerely believing that he knows everything and knows how best. It is important for him that his efforts do not go unnoticed, so he often tries to tell you exactly where you made a mistake. Such behavior may cause you to rebel, which in most cases will be perceived as aggression.

Professions

For number 1, comfortable occupations are those related to the body (doctor, masseuse, dancer, etc.), and, as a rule, those that require constant "taming" the body (sports, physical work, requiring effort).

Of course, idealism and the desire to bring something good to the world often motivates number 1 to write great scientific works - for example, in education, in an area that gives him the opportunity to indulge in his hobby: helping others to improve constantly. However, for the same reasons, he can choose to work in regulatory bodies (administrative work, police, armed forces, etc.), allowing his love of morality and rules to be realized in full force.

Subtypes

Subtype self-preservation: anxiety, anxiety

This subtype is very attached to his personal space and to his property, which he carefully stores and cares for, in some cases he even has an acute fear of loss of property. Constant obsessive fear of need is transformed into a kind of stinginess, which can create certain problems in everyday life. Such a person jealously guards his territory, as a result of which it is difficult to pay him a visit without prior approval or simply to visit him too early. For self-justification number 1 likes to use indisputable arguments - proverbs or references to the past: “My father always said that you need to save”, or “I have always believed that her habit of having more than five things in a wardrobe for a season is too wasteful, my mother never imagines this did not allow ", or" To live happily, we must live in secrecy, as they always said in our family.” Such a person can provide his and your comfortable old age, but do not flatter yourself, and in this case, until the last breath, he will have a fear of need.

Paired subtype: jealousy

The core values of this subtype are to give everything to the family. Such people suffer from pathological jealousy and cannot stand it when they do not fully commit themselves to a joint emotional life, as they themselves do. In such cases, the flow of reproaches will immediately flow. The principle can be formulated as follows: “If I sacrifice everything, discard

everything for us, I do not understand why you are not doing the same." Your need for independence and personal space makes such a person feel insecure, and you have to compensate for it with emotional expressions to dissuade your partner. His loyalty is repelled by the opposite, he demands loyalty from you. The slightest hint of infidelity after thirty years of marriage together will never, in any case, be forgiven, since it does not correspond to the image of an ideal man or woman: "I have always kept you loyal, therefore you must also have to be faithful (oops), I do not deserve to stare at someone else ". Whether it's a friendship or a professional relationship, number 1 is jealous when its partner has a privileged relationship with someone other than every day. Only you are obliged to give him preference, you cannot devote time and attention to anyone else ... to anyone except him. different from everyday relationships. Only you are obliged to give him preference, you cannot devote time and attention to anyone else ... to anyone except him.

Social subtype: the complexity of adaptation

This subtype tends to be its own in the group of which it is a part, both in personal and professional life. Often, he may, for example, before the internship that he has to go through, call the organizers to clarify what kind of people he will have to face, what form of clothing should be observed, etc. He is afraid to be relegated to the background, fears that words, thoughts, actions will be unnoticed. Living next to this subtype number 1 means periodically making concessions and meeting its requirements when you come in contact with others: "You cannot go there in this form!", Or "How can you behave this way? People? What will they think?

Chapter 4
Enneagram Type 2
The Helper/Giver

This personality type is defined by possessiveness and seeking to please people to earn approval from them. They tend to care too much about others and ensuring that the needs of others are met. Type Two is warmhearted, honest, and empathetic. They find it easy to sacrifice themselves for others; they are giving and friendly in their interactions. On the downside, they tend to please people through flattery and are sometimes sentimental. Type Two will forget their own needs in order to meet those of others, which can also be looked at as being selfless and altruistic. They exhibit love for others unconditionally.

The greatest fear for a Type Two is not being loved and wanted. Their desire is to be cared for equally as they do for others. The personality ranges from being a servant to a host/hostess.

Type Twos are extremely motivated by the feeling of being appreciated. They are always chasing the approval and love of others from which they gain their gratification.

This personality has been labeled as the helper because of the levels of sacrifices they make for the happiness of others. Their success in life is measured by how helpful they are to others. At sometimes unhealthy levels, they tend to give a lot in order to satisfy their desire of wanting to help and show love. Giving love makes them feel complete. Their value on themselves is based on how much they are significant in others' lives. The people with this personality tends to focus on areas of life that they value, which include friendship, family, sharing, closeness, and love.

On a healthy level, this personality is considerate, generous, helpful, and loving. Their nature is very attractive, and they always have a lot of friends. By their warmth and compliments, the Twos help other people with appreciating themselves. This type of person will always bring joy to the people around him or her. More often than not, they earn the admiration of others, and they draw the best out of people by focusing on the good

qualities and staying positive. They make excellent parents, as they offer the desirable qualities of an ideal parent—always there to give their unconditional love, care, and support, always there to help whenever the need arises, compassionate, encouraging, and very patient in their dealings. The Twos are, however, too concerned about the lives of other people. Other individuals with this personality tend to practice manipulation and pretense to have their needs met through others who trust them. This may result in deceiving themselves about some reality they have difficulty coping with, which might involve people not liking them.

Personality types who share a similar center as Twos, which are inclusive of Threes and Fours, tend to fear worthlessness, and thus, tend to engage in activities that render them the feeling of being useful. The Fours, in this case, have a deeply hidden feeling of not being useful. In coping with such fears, they will help others even at their own expense in order to prove their worth and win others to their liking. The unhealthy levels of type Two are characterized by persons who are hypocrites using false pretense to satisfy their unmet gratification. They tend to pretend like they stand to gain nothing from a relationship, while in the actual sense, they crave being loved and cared for. They have a superego that causes them to go to extreme conditions to get others to love them. The unhealthy and average Twos believe that they need to love others in order to win their affection.

Despite their habits of sacrificing for others, the Twos may react in anger when their needs are not met at the expense of others, as well as when their love is not reciprocated. Their resentment is, however, hidden by the hypocritical face they wear. With time, as their love remain unreciprocated, they tend to erupt to the point of bringing down the relationship. The issues of pretense in their dealings and unconditional giving or sacrifices are bound to come up.

The Developmental Levels of Type Twos

The Healthy Levels of Type Two

The type Two personality at level one is at their best. They are selflessly giving and deeply concerned about the wellbeing of others. A person in a relationship with type Two will feel privileged having them around, as they

are excellent sources of support. They are ultraistic, with high levels of humility and selflessness.

At level two, Twos are found to be deeply feeling for others with your compassion and empathy. They sincerely forgive, are warm-hearted and very thoughtful. They want to cater to others' needs and are genuinely caring.

At level Three, the individual is very much positive in their relationship, as they are focused on the good in their friends, family, and the people they come around. They show appreciation to others regardless of who they are, and are very encouraging to others in helping them feel good about themselves and act their best. As the Twos take care of their own needs, at this level, they strive to satisfy those of others. They are found to love truly and give selflessly without any expectations. They have a high quality of nurturing, and the Twos at this level make excellent parents.

The Average Levels of Type Two

At level four, the Twos seek to please others, which leads them to be good, liked, and approved. The level Fours seek attention by flattering those they seek to gain it from. These personalities value love so much that it becomes their main topic of discussion. They are constantly seeking to demonstrate their good intentions. They show emotional demonstrations and over friendliness.

At level Five, the individual is very intimate and likes meddling in other people's lives. As they demonstrate their love, they are seen to be overbearing. As they show the need to have others relying on them, they tend to expect a payback in terms of reciprocation. For this reason, they end up giving mixed feelings. The level Five personality is possessive and relies on the mutual gain from relationships. They yearn to feel wanted by others, but they don't seem to be enough for others to warrant that.

Level Sixes are very high in self-importance, constantly feeling that everyone needs them and that people can hardly survive without them. They keep high rates of their actions to others. They exhibit presumption, having patronizing behaviors that become hard for people to tolerate. They become martyrs as they are hypochondriac.

The Unhealthy Levels of Type Two

In their helping mission, the Sevens are not genuine. They tend to use the feeling of guilt on others, as they keep making a count of the good things they have done. They use comments and actions to show others how insignificant they are through belittling them. They set out to make other people's life difficult through manipulation. In their manipulative effort, they abuse medications and fake illnesses to gain sympathy and have others' attention. They don't acknowledge themselves as being selfish, and neither do they own up to their lack of genuineness in their motives in helping others.

The level eight is composed of persons who are coercive in their dealings expecting payback as their entitlement to the good things they did in the past. They are domineering, and they will do favors from which they expect to have mutual benefits from them.

The level nine persons feel like they are being taken advantage of by others through victimization. As a result, they revolve in anger and are always bitter about it. Their feelings and behaviors are closely related to personality disorders such as fastidious disorder and histrionic personality disorder. They are found to result in being a burden on others, as they result in health problems over time.

There are certain addictions that are more prone to the level Twos in the form of foods, drinks, and over the counter medicines. They also suffer from eating disorders such as binge eating and have specific problems in relation to starch and sugar. Whenever they feel unloved, it results in eating a lot, which leads to subsequent bulimia. In their effort to have others sympathize with them, they become hypochondriac.

Distinct Qualities of Type Twos

Their strong points are based on their excellent ability to communicate effectively and build relationships, popularity, and their caring nature.

The weaknesses of the Twos lie in their dependency, nativity, and their sense of entitlement.

In their speech, they show empathy and support, and they are always ready to help people make decisions in problem-solving by offering possible solutions.

At their lowest, they tend to expect reciprocation of favors they give to others when at the same time not communicating their needs. They are also filled with pride and a sense of being indispensable, always expecting others to rely on them.

At their best, they are humble. They don’t boast—rather, they uphold their own value with dignity.

In a relationship context, Twos have a problem with maintaining an equilibrium in independence in decision making and codependence.

They use repression of their needs as a form of defense. To maintain their helpful look, the Twos result in abandoning their own feelings and acting like they expect nothing in return—while in the actual sense, they are yearning to be loved and appreciated.

Similar to the feeling center group, the Twos experience high energy, which results in pressure around the diaphragm and chest. In expressing their emotions, the twos tend to talk through whatever is bothering them and express emotions.

For them to attain their maximum potential, the Type Twos need to take the following adjustments:

- They need to manage their own needs and take care of their own health, in order to be in a good position to be of help without being affected psychologically. It is important to take time off to just focus on your own needs and engage in self-rewarding activities. It also goes without saying that everyone has needs that are unmet. A Two needs to understand that they will not be able to satisfy everyone all the time. Even those good intentions can turn to be too meddling for others.

- To avoid codependency in relationships, a Type Two person needs to figure out their expectations from the help they give others. When you are giving others in the hope that they will reciprocate, it

can lead to frustrations and resentment. This is because there was no such prior agreement laid down, and the help might not reciprocate the assistance given. It is more rewarding to give freely or just resist the feeling to help if you realize that you have some expectations from the receiver of the help.

- Whenever a Type Two person intends to help another person, it is important to communicate with the person about your intention so that they can narrate their own feelings. Though it might be true that a person needs help, they may have a particular way they need things done. They might also have other plans that involve a specific duration of time. When given a negative response, they should not take it personally. Your helping someone, no matter how good your intentions are, might result in chaos due to miscommunication.

- Wherever this personality gives some help, they need to control themselves from making it of public knowledge. When you talk about this to others, it leads to discomfort for the people whom you helped, and it may be damaging to your relationship. A constant reminder of the help you give to someone results in problems, as they feel obligated to do something in return to satisfy you or create an equal feeling and stop you from mentioning it. It is helpful to note that whenever you do something good for a person, they will feel gratitude.

Chapter 5
Enneagram Type 3
The Achiever/Performer

This personality type is image conscious, energetic and ambitious; they invest their energy into becoming successful and usually succeed at it. People of this type love setting themselves goals in order to constantly improve on their skills and capacities, as a result people around them tend to look up to them or even use them as their role model. When threes are in a positive happy place, they are usually self-confident and

A threes' biggest fear is of being worthless, they thrive on the attention, which surrounds their success, and become afraid when they begin to lose this feeling of accomplishment. They sometimes tend to become so involved in being successful and give so much importance to their external image (which could be their family, their beautiful house and their big car) that they lose track of who they really are; of their true essence.

People of this type usually find it difficult to talk about negative or difficult situations, and when this type of topic pops up, they tend to avoid it or dismiss it and cut the conversation short.

Although people usually look up to threes, they can sometimes be seen as impatient and dismissive due to them being distracted and concentrating solely on their goals. A similar mechanism is also true for their feelings; they don't like their feelings to get in the way of their success, so they often put their feelings aside and ignore them.

Basic fear for a three type- Type threes act in this way because their basic common fear is being unaccomplished or unworthy.

Self-Improvement Type Three

Type three people generally have the fear of being worthless and not making the most of their time. They are too status and image conscious, which is why they put on different facades in front of other people. Moreover, they need validation from others almost in everything. So, if you are a type three and relate to all these characteristics, you can be a better

version of yourself by doing the following things in order to improve your personal and professional life.

Self-Nurturing and Relaxation

Slow down your pace. This way you will be able to see and observe the world around you as you slow down. You need to take out time for meditation, resting, and other stress-relieving techniques like saunas, steam baths, and massages. If not, the stress of overworking and achieving your goals will wear you down and lead to a lot of problems, including physical and emotional ones.

Most three's feel that they cannot meditate. Hence, if you plan on working something slow-paced, you need to be more mindful of your surroundings and simply start off slow. This way you will be able to see and appreciate things around you.

Even if certain feelings are not as shiny as you think, you need to welcome them normally. You need to make time for doing other activities that you value apart from your work. These activities will keep you energized and fresh.

Furthermore, you need to understand that failure is a part of the journey and not the end of the world. It is natural for you to place more attention on the 'winners. However, you need to remind yourself that life is much more than just about medals and first prizes; there is more than what meets the eye.

You need to feel and experience love as a human being rather than all your accomplishments. You can reduce your stress levels by simply accepting and appreciating your current success levels.

You need to try and accept all your other preferences and desires, which can help you become more aware of the real world. And, you must learn to listen without having any other agenda. Be curious and know what the other person is trying to say. Also, be mindful of how you are finishing or interrupting their sentences.

Additionally, you should practice self-forgiveness and self-compassion, especially in situations where you feel like a failure. Also, make sure you

pack your bags and leave for a long vacation at least once a year. And while you're at it, remember not to carry your work.

Work

You need to realize that there is more to you than just your achievements. Your success will make you worthy of admiration and respect only for a short time but connecting with the right people will validate you in the long run.

Your confidence will mostly be projected as certainty. While in most cases, certainty might seem like a positive thing, it can make you a lot dismissive to alternative perspectives, thereby keeping the views of other people out of the picture. This might overall decrease their openness to your goals, plans, and inputs. You must ensure that you always keep your ears open and listen carefully to others when they are talking about their perspectives.

You need to realize that people are not always as efficient as you are when it comes to professional work. Always remember that people might not have your ability to stay focused or emit the same levels of energy. While choosing jobs, you need to look for something that satisfies your inner desires. At times, type threes tend to choose careers that do not cater to these desires and needs.

You need to develop social awareness. Most type three's reach success, but at the cost of getting involved in projects that will have nothing to do with personal advancement. Working towards a goal where your personal interests lie is a great way to finding your true identity and value.

Always compete with yourself. Always strive to be better than you were yesterday. Do not compare yourself with other people as there will always be someone more successful, richer, and better than you. But, before you go ahead and forge your own path of success, take out a second to consider what other works will be negatively impacted. Get busy with other work while you are waiting for your chance. You need to be aware of the decisions you make in a hurry; you might potentially be ending the career of a colleague this way.

Develop ties and relationships with genuine people. You should remember that true happiness does not come from success or a perfect image. It only comes from people who truly accept the person that you are, with all your negative aspects as well. You need to be supportive and make efforts to appreciate the work and contributions done by others.

You should remember not to push yourself too hard, especially at work. Take your time out occasionally to unwind and enjoy the simple things in life. Self-development and ambition are great qualities, but driving yourself to exhaustion is not the way to do it. Take breaks and temper them with rest periods to reconnect with yourself spiritually. At times, simple breathing is enough to improve your outlook.

Relationships

You need to ask yourself about what and how you are feeling. You should allow real emotions to emerge rather than trap them inside, which can hamper your production. Learn to slow down, moderate your pace and detach from goals and performances temporarily. You should always try to express your happiness and appreciation to your partner. At times, type threes tend to think of themselves as the superior one of the couple since they have accomplished a lot.

Whenever you are writing down your weekly schedule, you need to factor in the time that you will be spending with your family and friends. Set your personal boundaries and limits on work and make time for your loved ones. Whenever one of your friends or family members are facing any sort of trouble or problems, you need to listen to them. While doing this, ensure that you do not provide any sort of advice, unless they ask for it. Your friend/family member might simply be asking for a sympathetic ear.

Apart from setting up success and expectation standards for others, you need to look inward for and towards your own identity. Develop cooperation and charity in your relationships. This can be done by pausing on a busy day to connect with your loved ones. You do not need anything spectacular about this – just a few seconds of pure appreciation. In doing so, you become a more loving person and a faithful friend. You need to realize that love comes from being you, not having or doing.

In an attempt to be accepted by others, some type threes tend to lose touch with their real selves. You need to resist what you are doing and just accept the way that you are. Develop your own unique character by investing time in discovering your own core values. opt for volunteer work whenever you can, where you give something to a needy person with a pure heart and always for the sake of giving away.

Ask your friends to nudge you whenever you are fudging the truth or being inauthentic to impress someone or to make yourself look good; ask yourself why are you being this way and are you really going with your image. Whenever you are bombarded with criticism, always look for grains of truth instead of arguing back. Learn to listen to people and be receptive to it.

Always project yourself as the person that you really are; do not change your personality just for winning over them. Make notes of your undesirable traits and work to improve them slowly.

You should learn to value connection and empathy highly. You have to be more patient when it comes to dealing with your own feelings and others'. Ask yourself what actually matters in your heart; ensure that you make time to pursue it.

For Parents

As parents, you need to list down all the accomplishments of your children. Begin by how far you have come as individuals and as a family. Reflect your accomplishments to your children to give them a better perspective. Share your goals with your kids. Let them know what you want to chase down this year and how you plan on achieving them. Your children will realize that self-improvement is a long and ongoing process.

You need to be aware of what type of expectations you are setting up for your children. If the pressure seems too much, you need to avoid since it can create a lot of emotional problems for them in the later stages of life. Put them on a positive spin and keep the goal-setting sessions positive with the children. For example, instead of using terms like 'get better at' or 'lose weight', you need to say things like 'learn more about' and 'be more physically active'.

Keep the list short and sweet. Jotting down a lot of goals and fulfilling them is nearly impossible. There simply isn't enough time in a single day to do everything. Ask your children to aim for goals that can be tackled in a short time. Discuss and trim down ideas and aspirations. Always allow them to pick goals on their own. While they might ask you for guidance while coming up with goals, you need to ensure that the end results are all their ideas.

Set goals for your entire family. While individual goals are important, your family as a whole matter as well. Pledge to spend more time together and learn or achieve something new every year.

Feelings

Always speak the truth. Find honestly within yourself and let others know how you truly feel and the things that you need. There is no need to hide who you really are. Always find and stand up for your values. Most type threes tend to do what they 'should' do just to meet the expectations of others. They do not try to find what they value the most and will do just about anything to be accepted.

Chapter 6
Enneagram Type 4
The Individualist/Romantic

The Individualist is highly in tune with their emotions. They are very sensitive individuals and are believed to be personality which feels the strongest. This can make their emotions feel overwhelming, causing them to withdraw from society. While most people believe type fours are anti-social, they need more alone time than other personalities. They absorb other people's emotions, which causes them to become emotionally and mentally unbalanced. To create a better balance, they need time to reflect on their emotions. They need to let go of the negativity and bring in positivity.

A type four will have a small group of friends and will often find their soulmate. However, they can still struggle with feeling alone because they believe no one else can understand them. They don't often discuss the way they feel because they are ashamed of their emotions. This can cause them to withdraw from society, which will make them feel lonely. When this happens, an Individualist at an unhealthy level will start to feel depressed.

Because fear is the main emotion for a type four, they worry about making mistakes in front of other people. This will cause them to limit their social events because they worry that people are going to judge them. Fear also causes them to struggle with low self-esteem. Even when they perform a job well, they still question their abilities. For example, an Individualist who is an artist displayed their painting during a community art show. They received dozens of compliments from people and even sold a few paintings. Other people requested them to paint their portraits. While the type four accepted the praise, they continue to worry that people won't be satisfied with their work. An Individualist might think, "What if I just got lucky and my next painting is bad. I will be so embarrassed as people will think I fooled them." Type fours will often fear that they will lose their talent or other parts of their lives, which is going well.

The strongest desire a type four feels is to have a sense of identity. Individualists fear that they will be lost in the crowd and no one will remember them. Everyone wants to be remembered for something in their

lives, and a type four feels the same way. When they know they have a sense of identity, they become happy and content with their life. Even though they are naturally shy, they can stand out from the crowd and shine. An Individualist knows they are different, which causes them to feel fear and happiness at the same time.

Lines

The line of stress for an Individualist head to personality two, which can make a type four become over-involved. The line of growth is type one, which makes a type four develop self-discipline.

Subtypes

Social category is shame. An Individualist needs to know that they are contributing to society. If other people don't tell them, they start to feel guilty and ashamed of themselves for not trying hard enough. They are highly sensitive people, which can cause them to quickly judge themselves and believe they aren't helping other people or making the right decisions. While they feel several emotions, the strongest feeling is shame.

Self-Preservation category is tenacity. Self-preservation is the Individualists countertype. Type fours focus on their suffering. They believe that their struggles make them become a better person. Therefore, they will often look at their struggles as benefits in their lives. At the same time, they will strive to find other people who feel the same way. Because they feel shame over their struggles, they will only connect to people who understand them.

One-on-one category is competition. Individualists are competitive in their intimate relationships because they need to prove their self-worth. While they want everyone to know their self-worth, it is extremely important that their significant other understand their value. Type fours know they are unique individuals because not everyone feels as strongly as they do. They want other people to acknowledge this and will often demand that people notice how much they suffer on a personal level.

Levels of Development

Level One (At their best): They are very creative and will often put their struggles into creativity, whether this is writing or painting. This helps them overcome their challenges of being highly sensitive and acknowledge their emotions. Many people will look at an Individualist at this level and see them as an inspiration.

Level Two: At this level, type fours are searching for their best self. They are extremely compassionate and generous. However, they also realize they need to take care of themselves in order to take care of other people. They have a good balance between taking care of themselves and others.

Level Three: At the lowest healthy level, an Individualist is honest with others and true to themselves. They are emotionally strong people and will often overcome their challenges by making other people laugh. They believe that laughter is the best medicine.

Level Four: At the highest average level, a type four will dive into their imagination in order to manage their emotions. They feel very strongly but are unsure of how to handle all their incoming emotions.

Level Five: They have a strong need to protect their self-image so that they will become withdrawn from society. They are known to be moody, shy, self-conscious, lack self-esteem, and become self-absorbed. At this level, Individualists take everything personally, which causes them to feel ashamed of their behavior.

Level Six: At the lowest average level, Individualists know they are different from other people, but don’t understand how to handle this knowledge. Therefore, they will often become more withdrawn, which causes them to become depressed. They start to live in a fantasy world, which often leads to them imagining everyone else seeing them as to how they want to be seen.

Level Seven: The highest unhealthy level causes a type four to become angry with themselves. They become so alienated from society and they start to forget how to function. They are emotionally paralyzed and always complain of being exhausted.

Level Eight: A type four will blame other people for everything going wrong in their lives. They only want to live in their fantasy world and will start pushing everyone else away, even those who are trying to help them.

Level Nine (At their worst): Individualists start to have extremely dark thoughts and some will often turn to suicide. They will also exhibit various personality disorders, such as narcissism and avoidant.

Chapter 7
Enneagram Type 5
The Investigator/Observer

Investigators are motivated by their need to understand and know. They value and cherish their ability to learn more and know about the world around them. They are known to be objective and deeply passionate about knowledge and learning. The investigator wants to live a life that is relatively private, often choosing to conserve their resources so that they can remain independent in the future, which is something that they deem as extremely important.

Things to Become Aware Of

When they are balanced, an investigator is known to be mindful and a visionary. They are excellent at remaining unattached from the world around them and offering objective perspectives and viewpoints on the information they have.

When they are not balanced, an investigator can become cheap and stingy with their resources. They can become arrogant on an intellectual level, rejecting other people's information in favor of their own. The investigator can become disconnected from their heart, regularly living from their mind and thoughts rather than from their emotions or from a balance between the two.

Investigators carry the gifts of being perceptive, curious, unsentimental, self-sufficient, and inventive. They are known to carry insightful observations of the world around them, as well as various situations and any data they may come across. Due to their desire to know and learn, they tend to be very curious and will research and explore things that they are drawn to. They love to be independent and are excellent at putting their emotions aside when needed and remaining self-sufficient. They can use their knowledge to create unconventional solutions to the problems they face in life.

When it comes to activity, the investigator is rarely bored. They love spending time alone and are great at coming up with things to do and always keeping themselves busy. They like to build up their resources, recharge, and set clear boundaries and limits. The investigator is passionate about learning activities to help them maintain their independence, as they prefer to have minimal people in their lives and do not like to depend on others.

Due to their desire to scale down, many investigators are known to live a rather minimalistic, frugal lifestyle. Alternatively, they may become hoarders as they will hoard anything that strikes their interest or increases their knowledge.

The investigator's thinking patterns are rooted in knowledge. They live by the motto that knowledge is power and spend their lives consuming all that they can to expand their understanding of various information. They spend a significant amount of their time building expertise and spending time around other individuals who will either help them expand their knowledge, or who are willing to listen and be taught by them.

Given their nature, the investigator is incredible at categorizing information in their mind. They retain information for use at a later date and tend to be the one with the answers to all of life's obvious and not so obvious questions.

When it comes to feelings, the investigator is aligned with that of an introvert. They trust their mind more than their heart and tend to use logical thinking to make decisions, as opposed to paying attention to their feelings. In many instances, they will detach from their feelings completely to make the logical solution happen.

The investigator can be easily emotionally drained, especially if they are spending time in intense or busy situations. They rarely realize that they are emotionally detaching when they do, which can result in them seeming distant and emotionally unavailable to those around them. They would rather take control of their emotions through logic than feel their emotions. The habitual and automatic detachment is a form of self-protection that they use to preserve their energy, once again with the intention of remaining independent.

The blind spots experienced by the investigator often comes from their detachment and their tendency toward being an introvert. Some investigators will struggle to form deep, meaningful relationships with the people in their lives because they quickly detach any time the emotions become intense or challenging. They may also come across as harsh or patronizing in how they share information with people, which is not censored in their personal relationships. This can lead to people feeling as though they are being talked down to, which can further damage the relationships in the investigator's life.

Commitment is not something that an investigator can do with ease. Their desire to remain independent and to keep their circle small can make it challenging for them to maintain relationships. They also tend to be very protective over their resources and their time, which can leave the investigator's friends feeling like the investigator is being stingy toward them. They often struggle to find a balance between helping others feel supported and cared for in relationships.

Growth Potential

As an investigator, your growth potential lies in learning how to be more generous with your time and resources without leaving yourself feeling drained and overwhelmed. The best way to do this is to begin focusing in ways that you can become more involved in relationships while showing care and concern for the other person. There are many ways that you can do this. This will not only help improve your relationships, but it will also help you grow as a person and live a balanced life as well.

The first step is to ensure that you are mindful about how you are sharing with other people. When you are talking to them, pay attention to your tone. If you are sharing information, focus on sharing in a way that teaches the other person. You want to focus on helping them feel engaged, rather than just reciting a bunch of information to them. This will help you be better received by others, making it easier for you to engage in longer conversations that are enjoyable for both parties.

It is also important that you consider your tendency to hoard time, resources, and potentially items. Pay attention to where this motivation comes from, and understand that you can be generous without draining

yourself. You can still enjoy your alone time and feel recharged while also having relationships with other people. Allowing yourself to enhance and develop these relationships will help you feel more supported by others which, whether you realize it or not, is an important thing to have in your life.

Learning to balance your emotions and thinking will also be powerful in helping you have better experiences in life. This means that you can still use your logic-based solutions, but you should also take a moment to check in with your emotions to see how they are doing. Facing them and realizing them will ensure that you do not detach and operate in a way that results in you feeling so emotionally drained. When you are aware of how you are feeling and act with these feelings in mind, it becomes easier to preserve your emotional energy on the go and feel more balanced in both independent and group-based settings.

Chapter 8
Enneagram Type 6
The Loyalist

Personality type six, the Loyal Skeptic, is of all the personality types, the most loyal to their friends as well as to their personal beliefs. The Loyal Skeptic is the type that will be most likely to go down with the sinking ship. This obviously has a positive connotation, but also a negative one, since they are willing to hang on to soured relationships of all kinds for much longer than all the other personality types. This notion of loyalty also extends beyond people and holds for ideas, systems, and beliefs. This does not mean that they are blindly loyal since they are often loyal to the commitment of questioning everyone's ideas. In the most extreme of cases, a Loyal Skeptic might have a suspicious kind of attitude, firmly holding the belief that authorities in general should be questioned or even outright defied. Loyalty in this personality type does not equate with always (or ever) going along with the "status quo." In fact, their principles could be defiantly rebellious and anti-authoritarian to the point of being openly revolutionary. Regardless of what the Loyal Skeptic's beliefs actually are, they will tend to fight for them with more intensity than they actually try to fight for themselves, even if it ends up hurting them. They will even protect their community, family or social group with the same intensity—no matter how steep the cost.

To understand why the Loyal Skeptic is so unflaggingly loyal to others, it is necessary to understand their basic fear: that they do not want to be deserted and abandoned with no one to support them. For this reason, the main issue for the Loyal Skeptic is a crisis in their self-confidence. The Loyal Skeptic comes to think that they are lacking any of the internal resources needed to handle life's difficulties on their own. For this reason, they turn to whatever outside support in order to survive. This could include bureaucratic or institutional structures, political allies, or even personal beliefs. If they cannot find existing structures that are suitable to their needs, they will go so far as to create their own and dedicate considerable attention to helping them thrive.

Since the Loyal Skeptic is the primary type of the Head Center, it means that they have the most difficulty tapping into their own inner guidance. Because of this difficulty, they generally lack confidence in their own thoughts, judgments and opinions, even if they have studied the issue intently.

This difficulty does not mean that the Loyal Skeptic does not use logic and reason. Actually, it is quite the opposite. They think constantly to the point that they tend towards anxiety and neurosis. Because of this, they prevaricate when it comes time to make important life decisions as they can get caught in a loop of worry. At the same time, they are not the type that will go running to others to have them make decisions on their behalf. While they deeply need to avoid being controlled, they are caught by their fear of taking responsibility in such a way that might put them on the hot seat and prefer, instead, to fly under the radar or to keep a low profile.

For better or for worse, the Loyal Skeptic thinks so much that they are painfully aware of their anxieties. They often look for ways to try and make defense strategies against these tendencies. This can be a source of strength and comfort, an effective crutch, because if the Loyal Skeptic feels that they have enough back up (whether through their personal support network or, for the more isolated type sixes, through a system of beliefs), then they feel able to go ahead with their plans with some degree of confidence. But if the support is lacking or feeble, they quickly spiral downwards in their feelings of anxiety and self-doubt causing their basic fear to rear its ugly head and knock them back a few paces. The Loyal Skeptic needs to question their burning need for security, often asking themselves what security is and how do they know if it is enough. In the absence of contact with their intuitive inner guidance and the profound feeling of support that it confers, the Loyal Skeptic is in a never-ending struggle to find their footing and launch themselves forward in life.

As they search for a safe environment without trying to get a handle on their emotional anxiety, the Loyal Skeptic is the creator of their own worst problems. Fortunately, when they do learn how to resolve their emotional insecurities, however, the Loyal Skeptic understands that even though the world is constantly evolving and is, by definition, uncertain, they are able to look inside themselves to find their own serenity and courage in the

toughest of situations. With this little but profound shift, the Loyal Skeptic will be able to access and proliferate the most important gift of all, which is having an internal sense of peace no matter how crazy the world can be.

The Connected Types of The Loyal Skeptic Are:

Wing: Observer 5

Wing: Epicure 7

Security Type: 9 Peacemaker

Stress Type: 3 Perfectionist

Most Common Look-Alike Types:

Enneagram Type 4 - Romantic

Enneagram Type 8 – Protector

The Probability of Types
Other Types to Consider If Loyal Skeptic
Is Your Top Choice

Based on these probabilities, if you scored high on the Loyal Skeptic test, there is a 66% chance it is your correct type. However, there is also an 8% chance of you being an Observer or a Mediator, and a 5% chance of being either a Romantic or an Epicure. If you scored high on those tests as well, read the distinguishing sections below carefully to see if those could actually be your type. Remember, if a certain type has a strong wing of one or the other, that can greatly influence how the personality manifests itself. If you cannot accept the type you are, your feelings may be legitimate, or could be a result of the negative stereotypes you have heard about the type, so make sure to explore any strong reactions you may have.

Myths About the Loyal Skeptic

The worst myths about the Loyal Skeptic are that they are pessimistic and diffident. They can seem overly timid. However, the Loyal Skeptic questions things with a goal of improving their life. When someone earns

their trust, they are extremely trusting—they just take longer to open up to people than the average healthy person.

Adjectives Describing the Loyal Skeptic

On the positive side, loyal, caring, collaborative, analytical, knowledgeable, responsible, dependable, trustworthy, friendly. On the negative side, mistrustful, skeptical, anxious overly vigilant and asks too many questions.

The Underlying Truths of the Loyal Skeptic

The basic principle the Loyal Skeptic has forgotten: At the moment of our birth, people are all endowed with a sense of trust in ourselves and in our universe.

The Loyal Skeptic wrongly believes: That the world is a threatening place and, therefore, all authority shouldn’t be trusted.

The Characteristics that Define the Loyal Skeptic

Because of these adaptive behaviors, the Loyal Skeptic focuses on: Anything that could go wrong, the worst-case scenario, possible threats and dangers, and hidden implications. The Loyal Skeptic does not just observe these threats but magnifies them.

The Loyal Skeptic puts their energy into: Challenging people, analyzing situations, testing, decoding, looking for potential sources of security in strong people, maintaining loyalties and fighting for a worthy cause.

The Loyal Skeptic desperately tries to avoid: Feeling dependent without any ability to control a dangerous situation. Being helpless. Losing valuable relationships. Facing danger.

The Loyal Skeptic has these strengths: Fortitude, dependability, intuitive nature, good sense of humor, kindness, sense of obligation, interrogative attitude, protective, warm, and loyal.

The Loyal Skeptic communicates in the following way: It usually tends towards an extreme, whether it is overly drawn out or rapid fire. Regardless, they are always asking questions, and this can be perceived as a strength or weakness depending on the attitude of the person facing all the questions.

The Sources of Stress, Anger and Defensiveness for the Loyal Skeptic

The Loyal Skeptic is stressed by the constant feeling of pressure when they try to resolve how to deal with things they cannot fully understand. Any trouble with an authority figure. The threat of losing important alliances.

The Loyal Skeptic is angered about: Betrayal and deception, feeling trapped, having excessive demands put on their time, and weak authority figures.

The Loyal Skeptic is defensive towards: People who ignore them.

Their anger and defensiveness are characterized as such: In the best case, it comes off as humorous; in the worst case, it reads as sarcastic or even outright aggressive.

Personal Growth

Their final goal is: To be able to have faith in him or herself and in other people, pushing doubt and mistrust out of their minds.

They can further this growth by Insisting on clear guidelines in collaboration, limiting procrastination by committing to timelines, weighing positive and negative equally, and checking in with their fight or flight instincts.

Their biggest obstacle is: Knowing how to be their own source of inner guidance. Refusing to stop being busy all the time as a defense mechanism. Dwelling on the worst-case scenario. Insisting on obtaining certainty before continuing on with living their lives.

Others can support this growth by providing a reality check by asking them to name their fears out loud, avoiding entering into unclear agreements, offering a reliable support system, and always being dependable.

Practical Suggestions for The Loyal Skeptic:

- Develop confidence by surrounding yourself with positive people who will encourage you.
- Make a mental note (or even a physical one) of positive compliments you receive.
- Keep an open mind about different lifestyles.
- When you make a mistake, tell yourself it is ok.
- Try to laugh at yourself.
- Consider breaking down your biggest tasks into manageable segments.
- Practice patience with others.
- Try meditation or breathing exercises.
- Permit yourself to relax without feeling guilty.
- Try a new physical activity, even if it is just as simple as taking a daily walk.

Overlaps Between the Loyal Skeptic and Other Non-connected Types

Romantic 4: The shared traits between the Loyal Skeptic and the Romantic are that both types can oppose authority even to the point of recklessly disregarding the rules and involving themselves in dangerous situations. These two types also share times of doubting themselves to the point of paralysis. However, the main difference is that Romantics truly want to be wrapped up indefinitely in feelings of longing or desire, while Loyal Skeptics do not. The other big difference is that the Loyal Skeptic is more often in search of what might go wrong to improve it while Romantics are in search of the thing, they feel is missing.

Loyal Skeptic 6: The shared traits between the Romantic and the Loyal Skeptic are that both types can oppose authority even to the point of recklessly disregarding the rules and involving themselves in dangerous situations. These two types also share times of self-doubt. However, the main difference is that Loyal Skeptics truly do not want to be wrapped up indefinitely in feelings of longing or desire while Romantics do. The other big difference is that Romantics are in search of the thing they feel they are missing while the Loyal Skeptic is more often in search of what might go wrong to improve it.

Chapter 9
Enneagram Type 7
The Enthusiast/ Adventurer

Everything is a gift – this is what many Sevens believe in. They have a certain Joie de vivre that shines through They're all about pursuing pleasure, but positively. They live for joy and happiness. They're like kids in a candy store.

They tend to keep their options open, so they're pretty adaptable and can typically weather changes and setbacks in a stride. They're the type who's open to endless possibilities. They're always on the lookout for the next adventure. And they don't just daydream about what they could do – they actively chase it. That's why they tend to be always on the go.

However, it has a downside -- they sometimes end up trying to do so many things at once. Healthy sevens, on the other hand, can focus their talents and skills on worthwhile goals, and become satisfied.

Identifying an Enthusiast

Sevens operate form the Thinking Center. However, this is not always obvious because they can be quite active. They're always in the middle of something.

Dominant Traits

1. **Optimists** – Type sevens are the eternal optimists. They are exuberant, focusing on what brings joy, happiness and pleasure to life makes them
2. **Action-Oriented** – Sevens are known for their High-Octane energy. Healthy sevens don't just dream about going on an adventure – they go for it.
3. **Vivacious** – Sevens can be brash and bold in the pursuit of their passions. They are spirited and playful.
4. **Adventurous** – Sevens are always on the lookout for the next big adventure.

5. **Adaptable** – Because sevens like to keep their options open, they can be pretty flexible when needed. They can weather change. Even if faced with something new or unexpected, they can adapt on the fly.
6. **Prospective** – Sevens have visionary qualities that allow them to anticipate an exciting future – and they have the practicality to convert that vision to reality.
7. **Restless** – Enthusiasts can get bored easily, which is ironic. They also get depressed when faced with repetitive or mundane tasks. They dislike sitting still.
8.

Thinking Patterns

Sevens tend to be anticipatory – they're always thinking about upcoming events and possibilities.

Sevens are gifted at brainstorming. Their minds tend to go from one idea to the next rather quickly. They get off this influx of ideas. However, they might prefer broad overviews over going in-depth regarding a certain topic. They are not your usual studious or academic type although they ARE intelligent. They can be well-read and articulate. And they thrive on being able to share ideas with other.

The mind of a seven is constantly on, which probably plays a role on why they establish connection between concepts fairly quickly. They're creative and inventive -- the kind of person who knows a lot of things because they accumulate knowledge pretty quickly. They are pretty good at just winging it because they can generate ideas on the fly.

They tend to think that their time and energy should only be spent toward things that interest them.

Core Fears

Sevens' core fears are related to their inner world. They dislike, if not downright fear, being limited. They steer clear of feelings of pain, loss, deprivation, and anxiety as much as they could, and they deal with this by keeping themselves occupied with endless options and the notion of

adventure. Sevens use the stimulation they get from anticipating something as a coping mechanism.

Sevens hate being limited or constrained. Not being able to do something they would like to try is the bane of a seven's existence.

Core Desires

What Sevens want is to maintain their freedom and happiness. They do not like discomfort so they tend to avoid pain and anxiety, and they usually do so through keep themselves occupied mentally and physically.

They have immense curiosity and they want to experience all there is that life has to offer and their exuberance is contagious.

Challenges That Sevens Face

Sevens have agile minds that allow them to learn things quickly. However, because they tend to develop quite a varied skillset, they may find it difficult to settle on one thing. Sometimes, they do not know what they're supposed to do. They have difficulty in making commitments and making choices that will benefit them and other people. This can manifest in the simplest of things – a seven might find it hard to think about where to eat for lunch when he's right next to a strip mall with a dozen options in restaurants.

And because they did not struggle in gaining a certain skill, they might to not value the skills they pick up. Healthy sevens, however, have a well-developed sense of versatility and curiosity that propels them to extraordinary achievement.

This occurs when a seven is not in touch with the inner guidance of his true nature, something that is common among all types that operate from the thinking center. This problem instills anxiety within the Seven, and they cope with this feeling by keeping their minds occupied with various projects or plans for the futures. They also seek stimulation as a way to cope, constantly moving from one experience to the next.

The seven's their pursuit of pleasure can be uncontrollable. That's why they tend to have an addictive personality, and can get drawn to compulsive

behavior such as shopping, or addictions such as drugs and gambling.

Sevens tend to bite more than they can chew because they take on so many things at once – and that isn't always healthy.

Things could get worse as a seven continues down the unhealthy path. The discontent that drives them to chase after more and more things can result to even worse choices. They may feel frustrated, and even enraged that nothing satisfies them, and this can affect their finances and personal relationships, and even their health.

The extent at which seven tries to distract himself from negative emotions is an indication of how unhealthy he is. These negative emotions could eat at him from the inside and could manifest in anxiety disorders or depressive episodes.

What Sevens Need to Work on

Sevens try to cram as many options and ideas into their mind as possible because they are constantly chasing stimulation. However, this results in one unfortunate thing – they are unable to recognize their heart's true desire. Sometimes, it can get so buried deep within their unconsciousness that they do not become aware of its existence at all.

The basic need of the Enthusiast, therefore, is to feel satisfied. But they have difficulty experiencing contentment because they are so preoccupied with the future. They tend to think that there's always something better just around the corner so they find it hard to focus and pursue their true devotion.

Career Options for Enthusiasts

You probably encounter a lot of Sevens in the workplace. They tend to have successful careers because they are skilled and they know how to promote it. They know how to share ideas and they exude a positive energy, which is why many higher ups love being around them. They thrive on momentum so they will be acting decisively on things they do like. However, they may have difficulty focusing on a single task.

Sevens tend to be in the art field because that way, they get to nurture their need to create something new constantly. That's why many sevens are content creators, musicians, singers, painters, animators, and authors. Their desire to explore new places and their creativity means they can have a good life being a travel writer. They also make good travel agents and photography for the same reason. As a tour guide, they will satisfy their need to meet new people. They can also make great publicists because they know how to promote their interests and their enthusiasm can be infectious. Sevens will also thrive in industrial design because they're naturally creative and innovative.

Enthusiasts and Relationships

Sevens can be a bit self-centered because of their high opinion of themselves. It's understandable why they feel that way – after all, they can adapt so well and can learn so quickly – they know so many things. However, this can result to difficulty recognizing what other people experience.

In the workplace, Sevens tend to get along well with others who share their optimistic world view. They like to work with people who can keep up with them and appreciate their input. They prefer working with those who also participate in exciting, new events. They are especially great when working alongside consistent people. This is because sevens are very good at generating ideas, but have problems with decision making and committing to an idea. Healthy sevens, however, can also work well with another seven because they will recognize the need to be more consistent. They will hold themselves accountable for their work. They may hit a snag in work relationships when they get bored. They tend to leave a task unfinished if it doesn't excite them.

As for the personal side, sevens are enthusiastic (hence the name) and exciting partners and can 'spice up' the life of the more reserved. However, they have difficulty settling down because they may be holding out for "someone better". When in a romantic relationship with another seven who also tends to seek new things and relationships constantly, communication is important. They need to work together in considering how their actions could impact their partners and the relationship dynamics. Communication can be a problem because sevens do not like to acknowledge negative

emotions. Also, they may occasionally fail to listen because in their mind, they're always trying to cook up something.

Interacting with A Seven

Keep your tone upbeat when communicating with a seven. Sevens avoid people who have negative energy, so don't focus on negativity when trying to get them to communicate with them. For example, focus on solutions, and not the problem.

Sevens tend to avoid situations in which they face negative emotions. Still, they thrive on making plans so if you highlight what you could do instead of how screwed up something is, they are more likely to stay and contribute. Keep things lighthearted.

The key to working things out with a seven is compromise. Meet them halfway and discuss multiple solutions.

When giving constructive feedback, be supportive and encouraging,

In line with the sevens' need to avoid negative emotions, they also do not respond well when someone is venting their frustrations. So, if you're looking for a shoulder to cry on, sevens are not it. They may also have difficulty expressing negative emotions and difficult feelings.

Expect that sevens will be planning new things to do. Just let the fun happen.

Listen to their ideas and let them know you appreciate them.

How to Be Your Best Self as A Seven

- Invest in relationships. You can be happy without going from one thing to the next. Being happy with what you have can fill that seemingly endless hole inside you – it's called contentment. However, you can only have it if you can appreciate the present. You don't have to give up on making plans for the future. It's just that the present can be beautiful in its way too.
- Recognize that you will have the propensity to chase instant gratification, which means you could get addicted to something

fairly easy. Be mindful of this tendency.

Chapter 10
Enneagram Type 8
The Challenger/Asserter

Common Fear : of getting injured or at the mercy of others, of violation

Common Desire : To shield themselves, to decide their course in life

Superego Message : "You're effective or okay if you're strong and in charge of your situation."

The Sturdy, Controlling Type: Self-Confident, Resolute, Intentional, and Confrontational

We have called personality type Eight The Challenger because, for some reason, Eights love coping with obstacles themselves as well as offering other opportunities that encourage them to resolve themselves. These are generally charismatic and also have the physical and psychological capacity to persuade others to pursue a myriad of endeavors with them— from starting a company to rebuilding a city, running a family group, waging war, making peace.

Eight have enormous stamina and vitality; indeed, if they exercise such capacities in the field, they feel most alive. They usually use their abundant energy to create changes in their environment— to leave their mark on it— but also to preserve the environment, and particularly others, from harming them and the people they care about. While very young, Eight recognize that this requires energy, will, patience and endurance — qualities they cultivate in themselves and seek in others.

Thayer is a stockbroker who has worked hard to understand her personality as a Type Eight. She recounts a childhood event for which she could begin to see that trend through. EOLBREAK Much of my tenacity and resilience comes from my father. He has advised me constantly not to let anyone push me around. It was not all right to cry out. In the early stages, I learnt to understand my weaker side. A big horse ran away with me, at the tender age of eight. Once the horse was captured by an adult, I dismounted resolutely without tear. I could say my dad was proud.

Eights don't want to be controlled or even to allow others to have power over them (their common Fear), whether or not the power is psychological, sexual, social, or financial. A lot of their behavior is a part of ensuring that they retain while increasing whatever power they have so long as possible. An Eight might be an overall or a gardener, a small businessman or a mogul, a household's mother or perhaps a religious community's superior. Regardless of who is in charge and who leaves their mark on their sphere, these are unique features.

Eight are true "rugged individualists" who belong to the Enneagram. They stand alone more than any type of guy. They want to become sovereign and can handle anybody's debt. They generally refuse to break into social convention so that they can withstand fear, embarrassment, and challenges about the effects of action. While they are usually aware of what people think about them, they don't allow others ' opinions to sway them. They do business with a steady determination that can be amazing, even intimidating to others.

While to some degree Eight fear physical harm, their anxiety about being somehow disempowered or regulated is far more significant. Eight are extraordinarily hard and can absorb many physical punishments without complaint— a double-edged blessing because they often take for granted their own health and endurance and forget about the health and well-being of other people. Yet they were desperately afraid of being hurt emotionally. They will use their physical strength to protect their feelings and keep others at a safe distance from their emotions. There is a vulnerability underneath the harsh surface, though a layer of emotional shielding has protected it.

This means, Eights in many cases, are extraordinarily industrious but at the price of losing emotional nearness to lots of the people in their lives. Those close to them may become ever more dissatisfied with this particular state of affairs, which confuses Eights. ("I don't comprehend what my loved ones are complaining about. I bust my hump to give for them. Exactly why are they disappointed in me?")

When this occurs, Eights feel misunderstood that can distance themselves further. In fact, beneath their imposing facade, Eights often sense harmed and disapproved, even though this is one thing they rarely

talk about because they have trouble acknowledging their susceptibility to themselves, not to mention to other people.

The Childhood Pattern

Most Eights said they felt people had to become "adults" at an early on age, perhaps to aid bring in money to boost the other children in the family due to an absent father or other calamities. Some might have had to handle a high-risk environment (like drug dealers, or street gangs, or some kind of war zone), or with a temperamental or aggressive adult in their home. Remaining Eights develop in relatively healthy families, however, might have felt the necessity to protect their feelings for any other reason. In a nutshell, Eights tend to grow up quickly. Survival issues are foremost for them, as though these people were asking, "just how can I—and the few individuals I worry about — thrive in a harsh, thoughtless world?"

Roseann is an Eight who remembers the huge load produced by her childhood situation. Being strict with my hard father set up a relationship with my mother when I got older. She would often ask us to go to my dad

with a request regarding a family trip, a movie—stuff like that. “You ask him," she'd say. “If I recommend it, he'll say no." On the one hand, this made me feel proud that she thought I happened to be healthy and sturdy adequate to cope with him. But having said that, I resented it because even though my father and I also seemed to be respectful of each other's temper, I happened to be continually scared of him. I was a little girl, after all. I recently knew that I really couldn't show it or even acknowledge it.

Young Eights soon have the indisputable fact that it is not safe to be gentle or giving. This behavior feels "soft" and also "weak" and within their minds exclusively invite getting rejected, betrayal, and suffering. They believe that it is preferable not ever to let down their guard, therefore if there was going to be any nurturing or warmth inside their lives, another person must provide it.

Eights frequently state that as kids, they fought against strong feelings of being disapproved or deceived. These folks were typically assertive and adventuresome and got into "situations" that led to being punished regularly. Rather than disconnect or retreat from their punishers, young

Eights guarded themselves against the sense of rejection utilizing the attitude, "To hell together with them. Who needs them? No one tells me what you should do!" Of course, like other people, Eights want to beloved, nevertheless the more they felt disapproved and treated like misfits, the more they toughened their hearts.

Practices That Will Help Eight Develops

- The idea to get in touch with how you feel might be something of an emotional cliché, but in your case, it's a helpful one. Nobody would question an Eight's passion, and no one knows as much as you are doing only how much you secretly would you like to feel nearer to people. Still, only you can learn to allow those feelings to surface. The vulnerability lets others realize that they matter, that you worry about them. No one suggests you walk around with your heart on the sleeve, but it's not the solution to deny your hurt or act it out.

- For Eights the work of grief is exceptionally high. You 're not the type of person to sit around feeling sorry for very long, but if you're hurting, you'll need to find useful ways to grieve your losses and hurts. You have got that tough shell there for a reason. Perhaps it is time to explore what were some of the reasons.

- Eights usually have a deep sense of companionship and revel in happy times with other people, but that's not a similar thing as intimacy. Find people you can easily really trust and talk with them about matters which can be eating at you. Should you currently have someone that way that you know, dare to open up to them more and present them a similar possibility. Don't think that others wouldn't like to read about your feelings or your troubles. Also, if you are unburdening yourself, tune in to what others are saying for your requirements. Realize that you're being heard while you are—and do the same for others.

- Take some quiet opportunity to restore your soul. This won't mean watching tv, eating, or drinking—really remember to be with

yourself and revel in simple things. Grab a tip from your neighbors next door, the Nines, and let nature rejuvenate your senses. While your type wouldn't be one of the primaries for a meditation course, quiet, centering practices are immensely beneficial to lower your stress levels.

- Work is essential, you need both you and your family and friends and appreciate your efforts to help them. At the same time, you 're only not going to be nearly as helpful to them in case you work your way to death in the end. The same in your "vices" holds for immoderation. Eight are working tirelessly and playing hard. Only a little restraint regarding the levels of intensity in both departments could help make sure you are around longer to enjoy your life more profoundly and subtly. Ask about your need for intensity. So, what is the origin of that? What might you experience when you were just a little less driven, or your lifetime?

- Analyze your anticipations of rejection. Do you notice how many times you anticipate people never to as you, or feel that you have to behave with techniques that will head rejection off at the pass? These feelings underline most of your feeling of isolation, as well as in the future they indeed are what enable you to get so angry. All of us feel deeply angry and also hateful if we sense that people have now been perpetually rejected. You may be sending out signals that others are reading as a rejection of these, both for their issues and due to your self-protection. This leads us back once again to the vulnerability issue: the good feelings that you'd like are just going to touch you to the degree that you allow yourself to be affected.

Transforming Personality into Essence

As Eights can allow their susceptibility to the surface, they learn how to arrive at Presence over and over repeatedly and gradually forget about their self-image of always having to be strong as well as in control. When they persist, they eventually come into direct experience of their Basic anxiety about being harmed or controlled by others and understand the roots for this fear within their personal history. While they sort out old fears and hurts, they become less mounted on their Basic wish always to shield themselves.

When an individual becomes free from their common Fear and common Desire, there was a reversal of precisely what has happened in the lower amounts of Development. The self-reliance and self-assertion regarding the Eight personality structure dissolve, creating the room for real Essential strength to appear. This gives Eights to surrender for some larger plan compared to the one they will have on their own. Eights who do so may become quite heroic, such as Martin Luther King, Jr., Nelson Mandela, or even Franklin Roosevelt. These folks relinquished concern regarding their survival to be vessels for an increased purpose. ("If they kill me, they kill me. I yield my life. The vision will go on.")

Chapter 11
Enneagram Type 9
The Peacemaker/Mediator

Nines are An Enneagram's sweethearts. Usually they don't have hard edges and just go along with thoughts, plans or group consensus. Nines also assign goals, values, and ideas to others, So in the end they lose their interests. Calm and peace compassionate, ideal states which are worth sacrificing. Nines willingly suppress or deny their needs, wishes, dreams, desires, ambitions or genuine emotions for everyone else's sake. They have great hearts and can genuinely be generous and reliable.

Emotional Origins

Nine children repressed their feelings for peace in a turbulent family. Whether they grew up with embittered and argumentative parents, a dominant parental figure, or directly in a loud-mouthed family, Nines quieted in opposition, selling themselves short for a peaceful existence. If parents banged heads, the Nine child learned to cope by seeing both sides of the argument and using blatant or subliminal negotiations as a means of bringing them back together and reuniting the family. If one or both parents derided or rode blatantly over the Nine child, the Nine child quietly surrendered. In a family where there was a lot of white noise from the Virulent parents, relatives or friends, the Nine child wanted to see everyone's point of view and could have done anything to ease the air.

Nine children desperately wanted congruence and a happy, smooth life. As such they always tried to please all parents or all members of the warring family in the hope of bringing everyone back together. Nines learned the art of consent — to give up their interests for the sake of others, to empathize with each other's point of view and to satisfy conflict on all sides.

If a Nine child had parents who were narcissistic or intoxicated, the lack of dedication could have been perceived as an emotional abandon. Or maybe she felt the parents didn't love her enough to know her unique personality or needs. Also, when other children entered the picture, a Nine

child may have been the firstborn of many, and felt superseded. Or she could have been born far down in the shuffle and lost.

Ego-Driven

Nines Ego-driven Nines are sitters at world fence. From early childhood they coped with life, sat on the fence for as long as possible, avoiding decisions about their own lives. They quietly hoped that somebody else would set goals that they could endorse or at least go along with until they were either sick of doing so or pushed, pulled, or trapped in a different direction. Nines believe they won't hear their voices because they don't feel special enough to matter. They can quickly lose focus on what they want, because from the outset they feel they cannot have it.

Nines surrender self-development to obtain and maintain relationships. In hopes of winning love, they focus their energy on providing a nurturing environment in which dreams of family members can evolve. They could look happy, safe and noble even, But in truth they are self - To sacrifice to the point of neglecting and ignoring their needs their sense of self. Nines eventually sleep deep within that silences, denies, and hides their needs, drives, and desires.

Eventually their self-denial and constant consent to others takes a toll on those around them. At some point, Nines most compliant and passive beforehand get tired of the friendly, lackadise, angelic person they built just to get along and start wanting for themselves something. It turns out that all that time Nines eagerly attended to your every need, on some level they may have also blamed you for their failure to pursue their dreams. Even if their unwavering devotion left you feeling mysteriously obliged, Nines eventually discovered new ambition, or at least a renewed drive to discover themselves, that leaves you feeling when they make it your fault that they had not discovered their unique features long ago.

Being at the center — and most uncommitted — of the anger triad, Nines typically address their anger issue by suppressing it so diligently that it eventually appears as what they see as difficult fatigue. For Nines, anger is simply too volatile and too explosive an emotion; it blows them off course from otherwise stable relationships. Terrified by any significant life shifts, Nines yearns for the status quo. They have a level of comfort they do

not want to be broken and therefore strongly prefer regular routines and observable and manageable life. Feeling like anger an intense emotion would upset their apple cart, force them out of the fence and mobilize their forces to change course. This feels so overwhelming to Nines that they will gladly sacrifice those nasty emotions for a hyperactive schedule or a list of tasks to accomplish for their husband or children, such as selling Girl Scout cookies or applying to sit on the charity drive community center 's organizational committee.

While Nines are charitable and generous, they usually also harbor resentment and accumulate a large stash of perceived slights. They won't express any of them openly, but drag their feet and inadvertently forget to follow up on essential tasks or drop the ball on a particular project. And if somebody dares to push their buttons through direct confrontation or attempt to control them, they may smile sweetly and slow down a crawl.

Pathological Nines

Pathological Nines live in their skins. They suppressed so much of their personality and projected it onto others that they no longer feel who they are. They have lost the ability to fret out their needs or desires and survive by keeping themselves so busy meeting someone else's needs or meeting someone else's plan that they don't have time to ruminate about what they've lost or denied.

However, as their personalities disintegrate and their supported worlds crumble, all that anger Nines pressed into their soul's darkest corners bubbles to the surface. Suddenly nothing works anymore, often feeling angry to the point of rage. They may explode uncharacteristically, dumping years of previously unspoken frustration on loved ones or coworkers. They are, in fact, furious about sabotaging their own lives. However, they still find spoken anger so frightening that they project it on the people they choose to serve.

Some pathological Nines react to the realization that by becoming immobilized, they subverted their lives — locked in place and unable or resistant to change. Its energy often plummets into severe depression. Some Nines get so overwhelmed by a rush of intense emotions, they disassociate

themselves literally from all their feelings and either deliberately concocted or unintentionally spin off an alternate identity or identities.

Self-Actualized Nines

Self-actualized Nines are world mediators. Because they can really see and understand all the differences of views, attitudes, or behavior, Nines are skilled politicians-able to make Others believe they are being seen, heard, respected and valued. Nines have an implied understanding that only two very divergent attitudes are polar opposites, and there is a lot of middle ground here. Nines is more comfortable than any other enneagram type, juxtaposing oppositional viewpoints. They understand and appreciate diversity Nines have an implied grasp that only two very divergent attitudes are opposites. There is a lot of middle ground here.. Nines hold a higher worldview and foresee compromises leaving everyone intact and fulfilled.

A fully integrated Nine has recognized, claimed and acted to fulfill her desires and can offer her true self to her loved ones, not a self-inflicted undertaking. These self-actualized Nines love everyone unconditionally, and finally they can express that love fully and spontaneously. Nines who transcended an active attitude in every aspect of their lives and have plenty of energy left to facilitate community development.

Individuation or self-actualization Process

According to Jung, when you detach your identity from your parents effectively, and become an inclusive personality, individualization happens — Who you were born or what it was you were, or who concealed negative behavior in your shadow. Individualization is an ongoing lifelong process or search. Using introspection and conscious choice, you may work to unveil your shadow, unravel your person and integrate into your psyche through therapy or active self - development.

When you combine Aspects of Enneagram Theory in Jungian Theory, you may believe that when things go really well in your life, you are ready for expansion and more likely to progress towards individualization and self - actualization by Taking behaviors, which support movement forward. On the other hand, when you feel insecure or under severe stress, you are more

likely to retreat from the goal of individualization and self-actualization by adopting behaviors that enable you to cope but do not necessarily help you to progress towards health. Again, in some cases, you may find traits inherent in your stress point that help you grow during times of extreme stress, e.g. by discovering determination, integrity, or industry in your stress point.

How Nines Progress

Nines progress through Three Behavior, which helps them engage in life. Nines also build ambition with Three Energy on their hand, Set realistic goals and set the energy in motion. Feeling reinvigorated by their newfound clarity, Nines can focus on what they want, create a proactive game plan, and follow the success they deserve. Three energy helps them make essential steps in risk-taking and Coping with minor setbacks. Motivated Nines Render it autonomous and inside-oriented action and rightly earn the following self-esteem.

How Nines Regress

Nines regress by adopting dysfunctional six behaviors, leading to increased anxiety, unfortunately. Under the influence of Six Energy, Nines become even more self-doubted and frozen. They range From waffling to total avoidance of decisions, from mitigating emotional dissonance to exaggerating contradictions, to depending on their conservative judgment to latching on an external authority for structuring. Suddenly Nines follow all the rules of someone else, but often to the point of blind acceptance and potential disaster.

According to Jung's personality theory, the Psyche fluctuates constantly between two extremes, and Your main objective is to balance the two polarities with success. Each personality must recognize and work through the limitations of its idealized self and shadow, its strengths and weaknesses, and its motivations and fixations (what keeps it stuck). These primary polarities to navigate are explored in the following sections.

Every personality forms an inner world that reflects how it feels about itself and an outer world that projects what it wants others to know about it.

Jung would also refer to these worlds as the shadow or hidden traits your psyche squeezes and doesn't want to see the outer world, and the idealized self, what your psyche creates and wants to see the outer world.

A Nine's shadow hides a nasty, stubborn streak that manifests in resistance to the ideas of anyone else, even when they are both necessary and appropriate. Typically, nines hide their intractability— their outright refusal to change — even if maintaining the status quo harms them. They can be lazy, indecisive, tedious, detached, and very passive-aggressive, irritating. Despite their laid-back disposition, Nines can display an explosive rage that could quickly, if unexpectedly, decimate those around them.

An idealized self is virtually angelic. Blissful peace almost literally flows from their lavender-scented pores, and their unwavering loyalty lifts anyone lucky enough to be their recipient. Self-actualized Nines earned the right to be extremely dedicated, loyal and steadfast. They're also generally receptive, patient, accepting, and accessible. Any expectations they have regarding relationships are within reach, and they are genuinely grateful for whatever you do for them. Integrated, whole, actualized Nines give their families and planet an essential vision of diplomacy, peace and harmony. They believe idealized coexistence is possible, easily achieved, and virtually inevitable, more than any other type.

Chapter 12
Enneagram Test

Enneagram Test Instructions

There are many Enneagram tests available online. Whatever Enneagram test you decide to take, the most essential thing that you must do is to read the instructions carefully before you complete the test. Just like any other exam, an Enneagram test is essential, but it is also fun and stimulating.

The following nine paragraphs give a full description of each of the different personality types. No personality type is considered to be superior to the others, and each description represents a simple snapshot of each personality type on the Enneagram. Note that no paragraph is intended to give a more in-depth description of an individual type than the others.

Carefully read through each description and select three paragraphs that you agree fit your individual personality best. Once you have identified these three paragraphs, number them in order of the most fitting to the least apt description of you. That is, the one the describes you best ranks 1 and the least ranks 3. These are the three that are highly likely to contribute to your personality.

Note that each one of the nine descriptions may be like you to a certain extent but select only the three that are most like you. You must consider each paragraph as a whole rather than dismissing it all together by just reading a single sentence.

Before selecting a paragraph, ask yourself, “Is this paragraph a better description of me than the others?”

You may find it difficult to select three paragraphs. In this case, think about what a close friend would say when describing you. Remember that personality patterns are often quite evident in adult life.

How to record your selection: Once you have read, understood, and selected the three paragraphs that best describe you, record them as first choice, second choice, and third choice. Then refer to the answers below to determine what personality type is represented in each paragraph.

Enneagram Test

These are the nine Enneagram descriptions for the nine essential personality types.

A. I approach things that matter to me with an all-or-nothing method. I place emphasis mainly on strength, honesty, and reliability. In other words, what you see is what you get in return. I find it hard to trust people easily until they have proven themselves to be dependable. I prefer when people are straight up with me. I can tell when someone is being cunning, exploitative, or lying. I struggle with weaknesses in people unless I completely understand the reason underlying their weaknesses, or when they are striving to overcome them.

I find it hard to follow people's directives, especially when I have no respect for their authority. I prefer taking charge myself. When I am angry, I display my feelings and am always ready to stand up for my friends and family in unjust conditions. I may not win every fight, but people know that I have been there, done that!

B. I have high standards of correctness and I expect people to abide by those standards. It is quite natural for me to see when things are going wrong and find ways to improve the situation. People often perceive me as being overly critical and a perfectionist. However, I find it hard to overlook things when they are not being handled in the right way. I take responsibility for all things assigned to me and am sure to do them right.

Often, I resent people when they fail to do things the right way or act irresponsibly/unfairly. In such a case, I do not show them my opinions openly. I prioritize work over pleasure; I often suppress my selfish interests to ensure that work gets done.

C. I see people's points of view with ease. Because of my ability to perceive both pros and cons of something, sometimes I may come across as indecisive. Being able to appreciate both sides of a situation lets me help people resolve conflicts. However, this same ability makes me aware of how people's priorities, agendas, and positions differ from mine.

I become easily distracted and I get off course from the things am trying to achieve. When this happens, I concern myself with trivial things. I find it challenging to determine what is essential. To avoid conflicts, I choose to agree with the majority; because of this people consider me to be easy-going, agreeable, and people-pleasing. It takes a lot of effort to get me to show my anger at someone in a direct way.

D. I am sensitive about people's feelings, and I can perceive their needs even if they don't open up to me. It can be frustrating to know what people need because I am not able to do as much for them as I want. I quickly say yes to people and wish that sometimes I would say no; I often end up using so much effort and energy taking care of others that I forget to take care of myself.

It hurts me when people think that my actions mean that I am manipulative or controlling, I am just trying to understand them so that I can better help. I like it when people consider me to be warmhearted and kind. If not, I become demanding and emotional. Good relationships are significant to me, and I strive to make them happen.

E. I am strongly motivated to be the best at what I do. Because of this, I have received lots of recognition for my accomplishments over the years. I ensure that I do a lot and I am always successful at everything I do. I strongly identify with what I do, mainly because I consider success and recognition as measures of self-worth. I take on more tasks than will fit in the time available. When that happens, I push aside my feelings so that I can concentrate on getting things done.

Because I always have something to do, I do not have time to sit around or be idle. I grow impatient when people waste my time. In some cases, I prefer taking over a task that someone else is doing because they are going too slow for my liking. I feel good when I stay "on top of things." While I like working independently to complete tasks, I am also a great team player.

F. I consider myself quiet and analytical. I prefer spending more time alone than most people. When people are engaging in conversations or discussions, I prefer being an observer rather than taking part. I don't like it when people place too many expectations on

me. I get in touch with my inner person and feelings alone better than when I am in a crowd or with people.

I don’t get bored when I am alone because I possess a healthy mental life. I protect my time and energy, which allows me to live a simple life without complications, thus feeling self-sufficient.

G. I possess a vivid imagination, especially concerning matters to do with safety and security. I can spot danger and harm from afar and this triggers extreme fear, as though it were happening in real time. I either face danger or try to avoid it. Because of my imagination, I have a good sense of humor.

I would prefer if life were full of certainty, but this makes me doubt the people around me. When someone is sharing their views, I can see disadvantages and pitfalls and this makes people consider me to be very astute.

I’m always suspicious of authority and am uncomfortable when people see me as an authority. When I commit myself to something or someone, I am very loyal.

H. People consider me a very optimistic person. I enjoy creating new interests and ideas of things to do. My mind is very active and I am continually analyzing different ideas. I like to have a big picture of how the ideas I come up with fit together. I get excited when concepts connect eventually, even when they seemed not to at first. I devote a lot of effort and energy into the things that interest me and find it very hard to stick to unrewarding things, including routine tasks.

I prefer being part of a project at the very inception, during planning and implementation because these things are interesting. However, once my interest is exhausted, I find it challenging to stay focused, and I move on to the next thing that captivates me. If something lowers my mood, I prefer focusing on things that please me because I believe everyone deserves an enjoyable life.

I. I am a compassionate person and possess some intense feelings. I feel different from other people, and most of them misunderstand me or alienate me as a loner. Others consider my behavior to be dramatic. People criticize me as being overly sensitive. Inside, I have a nostalgia to connect with people emotionally and

establish a sense of belonging and relationship. I often want what I cannot have, and this makes it hard for me to appreciate the uniqueness of each relationship.

My quest for emotional connection has been my desire my whole life. The absence of this is the reason I get melancholic and depressed. I often wonder why people have much better, healthier, and happier relationships than I do.

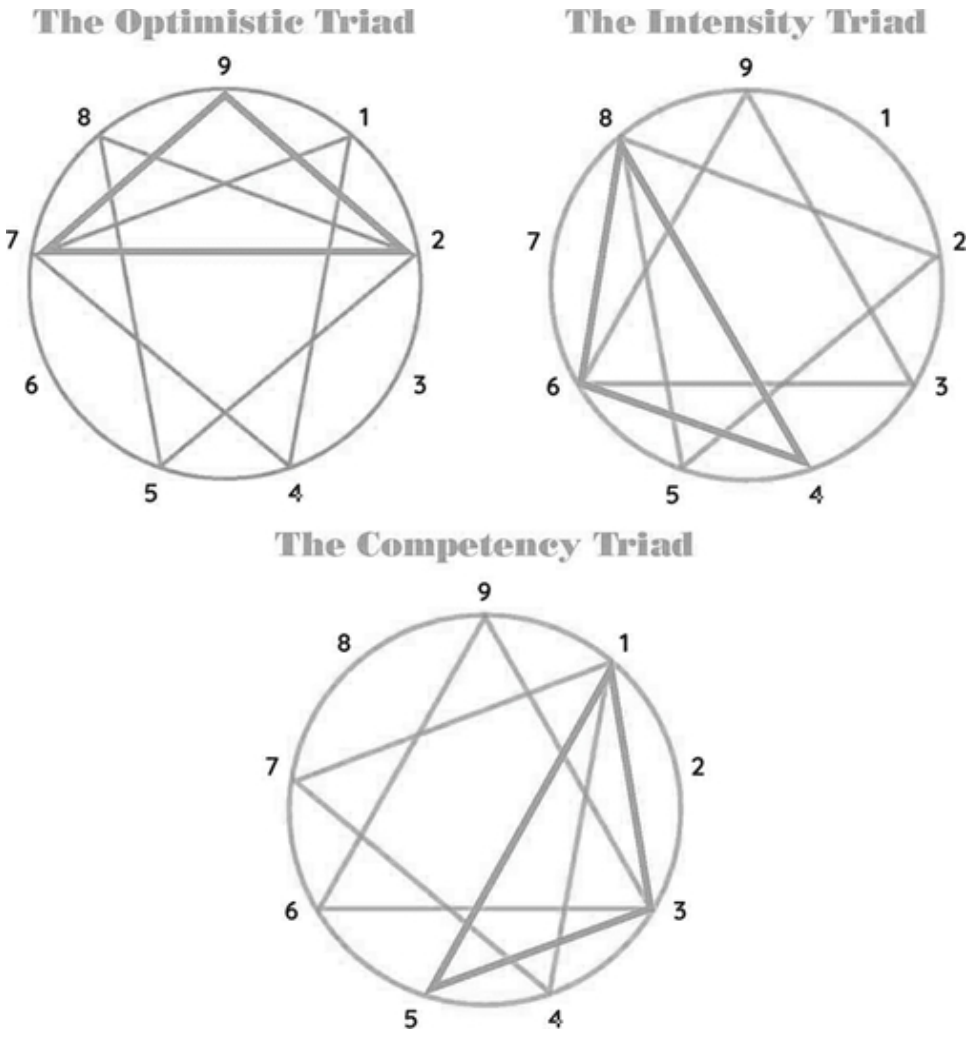
Enneagram Test Outcome

Which three of the above paragraphs best describe your personality?

These are the outcomes of each of the paragraph descriptions above. Use this table to identify what personality type you are.

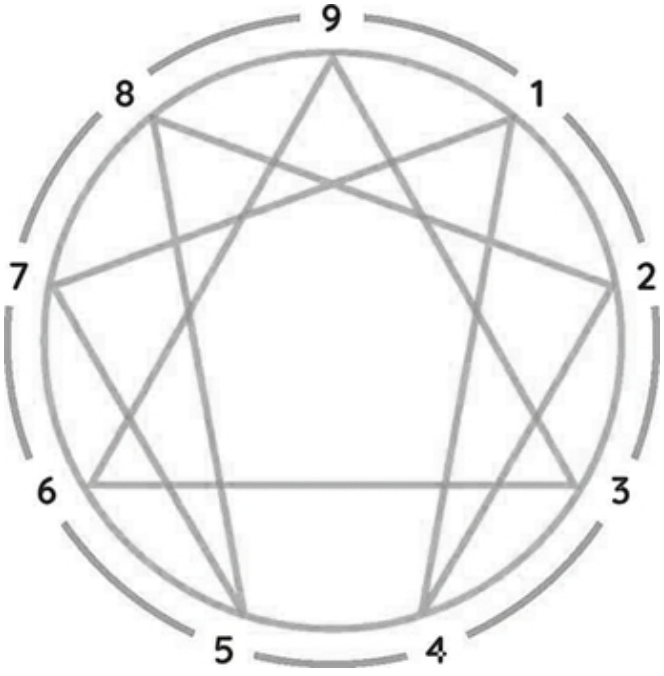
- A- Type 8
- B- Type 1
- C- Type 9
- D- Type 2
- E- Type 3
- F- Type 5
- G- Type 6
- H- Type 7
- I- Type 4

Chapter 13
Enneagram's Arrows



Wings

Another factor that can affect an individual's Enneagram type are what we call "wings." Wings are the numbers directly on either side of your main Enneagram number. This allows for characteristics of the wings to play a part in your overall personality type. For example, an Enneagram One (The Reformer) can pull qualities from an Enneagram Nine (The Peacemaker) and an Enneagram Two (The Helper). Many people assume that your wing is just the type that had the second highest number when you took a test or the type that resonates with you the most after your primary type. Neither assumption is correct, as the wings absolutely must be on either side of your type—you know, like wings. Another common misconception is that you absolutely must have a wing. The reality is that some people don't feel like they utilize their wings, and that's fine and totally normal. Some people also might feel like they rely on one wing more than another. It depends on the person and the motivations behind their behaviors. Sometimes, part of the self-development work of the Enneagram is learning how to incorporate the good qualities of your wings into your everyday life. Usually people have a more dominant wing, but being able to utilize good qualities of both wings allows for substantial personal growth within your Enneagram type.



Enneagram One Wings

Not every Reformer is going to be the same. As I mentioned earlier, different traits pertain to the personality, which could make two Enneagram Ones look entirely different. I always like to explain this by comparing Enneagram types to paint colors. For example, say that Type One is purple. People can be the same type but have entirely different personality traits, just as there are many varied and different shades of purple.

An example of this is when the wings are involved. A Reformer who connects more strongly with their Two wing is going to be more giving and helpful. They will make sure that others' needs are being met. They also might struggle more with caring what other people think about them. A Reformer who accesses their Nine wing more will be focused on making sure that the environment remains peaceful. They might be more passive-aggressive and not let their anger show as quickly. The Nine wing would also bring out a tendency to be a little less judgmental and a little more understanding. Again, the goal is to rely on both wings, but some people might lean more toward one or the other.

Enneagram Two Wings

Many traits might affect the way individual Helpers react and respond in relationships. I will remind everyone of the impact of their wings in every single part. You may have access to one wing, you may have access to both wings, or you may feel like you don't have access to either wing. However, you feel, attempting to pull good traits from the wings on either side of your number is essential to attaining personal growth. A Two who relies mostly on their One wing will be more task-oriented and organized and focus less on what other people think about them. They are much better at saying no than traditional Twos. A Two with a Three wing is a little more outgoing and able to be in the spotlight. They have more of a focus on setting and achieving goals, as well as being seen as valuable and successful. These Twos care more about what other people think of them.

Enneagram Three Wings

The wings for Achievers can make a Three look completely different. It's so exciting to me how many different personalities are within an Enneagram type. A Three with a stronger Two wing (The Helper) is going to be more generous, empathetic, and more friendly than Threes. The latter

rely more heavily on their Four wing (The Individualist). The Two wing will also be more of an encourager to their peers and those around them.

In contrast, a Three with more access to the Four wing will be more artistic and more focused on their feelings. They may be more sensitive, quiet, and creative. If a Three has balanced wings, they will be able to rely on qualities from both Twos and Fours, and be well-rounded with traits like generosity, creativity, sensitivity, and being goal-oriented.

Enneagram Four Wings

Continuing with the color metaphor, let’s imagine that Individualists are gray. How many shades of gray are there in the world? yes, more than just 50. That’s how different Fours can be depending on their wings. Fours with a more substantial Three wing, called The Aristocrat, will be more driven, goal-oriented, and focused on their accomplishments. They are also more outgoing and ambitious than Fours with more of a Five wing. A Four with more access to the Five wing, called The Bohemian, will be quieter and more introverted than other Fours. They are more withdrawn, more reserved, and typically more focused on academics or the intellectual side of life.

Enneagram Five Wings

The way that the wings work for Fives is exciting. I just spent a lot of time talking about how Investigator have a difficult time identifying and labeling their feelings. “Feelings” is pretty much a Four's middle name, remember? so, a Five with a strong Four wing is going to be more in tune with their feelings. They will also be more creative, sensitive, and empathetic than traditional Fives. Investigators who lean more on their Six wing will be a little more outgoing and extroverted than other Fives. They also excel at solving problems and resolving issues. However, they could also take on some of the not-so-good Six traits, like worrying and experiencing anxiety.

Enneagram Six Wings

The wings of an Enneagram Six can drastically change the way they look. When Sixes lean more toward their Five wing, they tend to be more

reserved and internal with their thoughts and feelings. They care more about gaining knowledge to be prepared for situations that could occur. When Sixes lean more toward their Seven wing, they are generally more positive and upbeat, as well as more willing to step outside of their comfort zone. Sixes with a strong Seven wing may be less worried and anxious than other Sixes, and they may enjoy interacting in more of a social setting.

Enneagram Seven Wings

The wings always change the way that Enneagram types look, but it's even more apparent with The Enthusiast. Here's why: A Seven with a more substantial Six wing might be a little bit more hesitant than traditional Sevens. Instead of the glass always being full, those with more access to the Six wing might tap into that half-empty mentality now and then because they are more aware of things that could go wrong or worries that may come to fruition. Alternately, a Seven with a more substantial Eight wing is likely going to be more assertive than a typical Seven. They can be compelling people because of their direct and decisive personality. These Sevens are also much better at following through on ideas.

Enneagram Eight Wings

The wings of Enneagram Eight are unusual because they can be so different. An Eight with more access to the Sevens wing is a little bit more outgoing than the traditional Eight. They tend to be driven by excitement and adventure and are always looking for new activities. An Eight with a more substantial Nine wing is a little more laid-back than traditional Eights. They are calmer and have less of a need always to be right. This is because of the Nine's ability always to see multiple sides of a situation.

Enneagram Nine Wings

The wings of Enneagram Nine are fascinating because, to some, Nines and Eights might seem like total opposites. Though this can be true at times, a Nine with a strong Eight wing is a powerful combination. This type is more assertive than traditional Nines. Additionally, these Nines are better at displaying and acknowledging their opinions and ideas. Nines with a more substantial access to the One wing are more structured than traditional

Nines. They are more detail-oriented and generally more focused in general. By accessing both wings, Nines can grow into a healthier version of themselves.

Chapter 14
A Guide to Spiritual Transformation

The enneagram is a dominant type of gateway towards the understanding of others and self-awareness. It gives a description of different dynamics and structures concerning the significant personality types by creating a path to a life which is more integrated and rewarding. It comes from the Greek word ‘ennea’ which loosely translates to nine, and ‘grammos’ that entails a written symbol.

So, these are nine separate strategies to relate to the self and others. Which form for the enneagram represents a different approach to thought which comes from a different inner motivation and world perspective. The enneagram thus enables a better understanding of nationality, culture, religion and even gender through universal language.

Your enneagram core functions as a home base from which one can make sense of integration and individuation. It is crucial to keep in mind that different enneagrams can display similar behavior. The styles are not based solely according to behavior and outward representations can be deceiving.

To distinguish between the different enneagrams, one has to access motivation to explore the reasons why people may choose to act in a particular manner and why acting in this way is given value by that person.

Determination of an individual’s personality type with the use of the enneagram system does not necessarily put one inside a defined box of nine archetypes. It assists people to see the box from where they can experience the world. With this in mind, one can step outside their worldview. Ideally speaking, personality is useful in allowing one to express themselves because they can categorize and identify who they are. At the same time there can be issues when people get stuck in automatic habits. In discovering these unconscious patterns, people can lead lives which are more fulfilling and enjoy overall healthier relationships. Working within the enneagram model allows people to become successful in their relationships at home and within the working environment. Through understanding

automatic reactions and blind spots, people can become more flexible with others in their lives and understand what others are feeling and thinking. This making it easier to tolerate other and be more compassionate. It also helps people to not take the adverse reactions or their hostility in such a manner that it is personal. Through the identification of how you are emotionally and psychologically defensive, the enneagram allows you to have a chance at profound growth. At another level it also allows you to develop your relationship with yourself and better this, so that you can become more productive towards yourself and anything within your life.

Simply, the enneagram enables and grows one's capacity when it comes to self-observation. It provides vision for how the healthiest manifestation of people's types can look. Using this detail, it sets a path for the manner in getting to a higher level of awareness. Each type within the enneagram has particular behaviors that satisfy its needs and desires. This is the primary strategy of the particular type in life. That would be driving much of what the type does. The enneagram can help people spot when they are being run by their passions, allowing people to satisfy their needs more healthily.

For example, the passion for type seven happens to be greed. This is the traditional meaning for overeating which extends to over consumption. The people with this type looks for experiences in trying to find a sense of fulfillment which they fear may remain elusive. In truth, they may feel that nothing they embark on will bring the fulfillment which they look for to bring happiness and contentment.

Chapter 15
Becoming Spiritually Alive

Embracing Our True Selves

The Enneagram shows us how we are one by describing human nature as nine variations of thinking, feeling and doing acting together in different proportions. It acts as a mirror that shows what is most true about ourselves. It gives us a structure by which to understand our inner lives. Instead of experiencing our inner selves as a set of random events, we are able to view them as emanating from one of the three centers. This perspective helps us to respect every inner movement. These categories give us a way to sort, analyze, apply appropriate principles, and effect change.

This system empowers because it is based on the truth of our human nature. As you choose to understand and experience yourself through the lens of this truth, you experience yourself in a new way. Then you can create a new reality within that respects and upholds all that is good.

Learning and Loving the Enneagram

The first key to creating this new reality is found in learning the Enneagram well enough to use it. Keeping knowledge in our heads allows us to pretend we are learning even as we defend ourselves against applying the knowledge for growth. We can study the Enneagram as an abstract, objective system, and it will fascinate us and provide great insight. However, this knowledge will change our lives permanently only when we allow it to enter our hearts, where we come to know that not only is it objectively true but also that it is right for me. Then it can flow into action and change our lives.

The second key is loving the wisdom the Enneagram uncovers. The wisdom is not in the Enneagram; it is in ourselves. The Enneagram leads us to it. Loving that wisdom, however, means we apply it even when it asks us to give up long-standing attitudes about ourselves and life.

Many people are excited about the new life that comes from personal growth until they realize they have to give up some cherished attitudes to

attain it. Their beliefs can be either positive or negative, self-condemning or self-justifying — it doesn't matter. What does matter is that they stop growth by locking us into our present state. When we question and search from a place of openness, we free ourselves from lifelong automatic patterns so we can begin to see ourselves and life from a deeper perspective.

The Enneagram challenges us to think for ourselves, not to think what we've been told to think; to feel and express our genuine emotions, not to feel what we've been conditioned to feel; to examine what we believe and why we believe it, not to believe what we've been told to believe; to do what we truly know is right for us, not to do what everyone else may be doing.

Living by old unexamined attitudes continues an unconscious, accidental life. In this state, we wander through an existence that others think we should live rather than spread our wings, soar to new heights and, carried on the strong currents of Spirit, gain a new perspective. We can create the life we were meant to live. Only by living intentionally can we cooperate with the mystery of our unfolding destiny and release the potential of our God-given soul power into the world.

The Third Key: Developing the Silent Witness

Viewing ourselves and life more perceptively depends on the ability to be objective. If we gain a new insight into ourselves but use it to judge ourselves or justify ourselves, it no longer can support our growth. The insight fades and becomes a part of the existing value system that has made us who we already are.

For example, through the Enneagram Fours learn that they readily blame others for their problems. This attitude is so ordinary to them, they may never have heard themselves shifting responsibility for their problems onto other people's shoulders. While the Enneagram makes them conscious of this trait, they can use their new awareness to become depressed about it or ratify their belief that others, not they, are responsible for their pain. At either point, growth stops.

However, if we allow a new insight to rest gently on our minds, its energy can point us in a new direction. In the case of Fours blaming others, they can look anew at the situation and discover points in the process at which a new decision or outlook would create a different outcome. This is living the Enneagram, doing the kind of inner work that can change the way we live.

As children, we were not taught to remain objective about ourselves, but rather to judge and justify ourselves. Furthermore, we learned these were good things to do. If our caregivers wanted to curb our behavior, they often judged us as “bad” and taught us to do the same. On the other hand, when we defended our behavior against their judgments or when they defended our behavior against other people’s criticism, we were simultaneously learning how to justify ourselves and discovering the vocabulary to do so. We were told these were normal reactions to have so they became part of the backdrop against which we play out our lives.

Judging and justifying ourselves both have the effect of short circuiting our efforts to change because, in either case, the energy created by the new insight drains away. Instead of putting our strength into changing, it goes into judging and feeling guilty, or into justifying and feeling entitled. These feelings only engage our egocentricity and keep us the way we are.

Gaining a new insight into ourselves or life retains its force for personal transformation only when we take it in objectively. The objective part of us acts like a silent witness that sees and records an historical event. At the same time, it is silent because it makes no judgments for or against what it sees. This is the third key to creating the new life the Enneagram offers.

The Silent Witness (sometimes called Observing I, the Observing Self or the Inner Observer) is a part of every person’s consciousness. However, in most people it is weak because it is rarely used. As it becomes more energetic, a person can draw on its power to be an agent of change. It creates an awareness of what takes place in the moment and opens an inner space in which we discover we are always free to make different choices.

Because the Enneagram reveals many new insights meant to make us aware of how we get stuck in habitual responses to life, it is of ultimate importance we develop the Silent Witness within as we learn this system.

Otherwise, we will see much of our efforts wasted as we use the Enneagram to judge and to justify ourselves.

When people are exposed to the Enneagram on a superficial level and don't learn it with both the head and the heart, don't use the wisdom when it challenges their attitudes and beliefs, and never develop the Silent Witness, the Enneagram too quickly becomes a weapon used against themselves and others. They stereotype, judge, and too quickly categorize people as this or that type based on a few salient qualities. They don't look for the deeper unconscious motivation. Then, they may lose interest in the Enneagram because it isn't adding anything positive to their lives. Or they keep it in their heads where it entertains but does not provoke real change.

Accessing Inner Wisdom for Your Future

Wisdom often comes from the least expected source; as the saying goes, "From out of the mouths of babes. . .." This truth can make discovering wisdom difficult. Without wisdom there can be no future worth living, for wisdom is the basis for improving the present. That's why it's crucial to develop the source of your inner wisdom — it is the fountain of your future.

The Enneagram teaches that the source of your inner wisdom — and the key to your future — lies in developing your repressed center of intelligence, the least expected source.

Personality is both a strength and a weakness. Personality is necessary because it is the vehicle by which we express ourselves in the world. When we express personality positively, it is the source of the good things that happen. Personality is constructively manifested when our three centers are balanced; this state allows soul to shine through into daily life.

However, personality can also be expressed negatively. Negative expressions of personality first limit our perspective and consequently our choices. They arise from the ways we misuse our three centers of intelligence.

The three centers get stuck in a pattern of interacting in a certain way that produces predictable results. The dominant center gives marching orders to the support center. It squashes the involvement of the repressed center by dismissing its value. As a result, we have a limited set of

responses at our disposal. We can’t see any possibility of expanding our repertoire, so we apply these responses whether or not they fit the situation.

We couldn’t function in the world without personality. From a more critical point of view, we need personality because we have a responsibility to leave this world better than we found it.

The difficulty occurs when personality gets stuck in patterned reactions. This is the compulsive dimension of personality, or what is called false personality or the false self. False personality comprises all of our nonproductive and non-helpful ways of living.

Chapter 16
Embrace your Growth

Some people new to the Enneagram mistakenly believe that once they discover their type, they have exhausted the system's usefulness. While it can be tempting to feel like we're "finished" after learning our type, there's more to it than that. Besides, if we learn our personality type without using that knowledge to work on ourselves, we won't grow. By working on ourselves, we're able to find freedom from our ingrained habits and patterns.

The Enneagram is a uniquely useful tool for growth and change because it delves deeply into our core motivations. While other well-known personality typologies do an excellent job measuring and explaining human behaviors and personality traits, the Enneagram describes us at a deeper level. It explains why we act in specific ways. Seeing what drives our behavior allows us to examine our deeply held beliefs, attitudes, and choices, offering a level of insight that's hard to reach without this kind of road map.

The Enneagram also brings fantastic breadth and depth to personal development. When used correctly, as a dynamic system for change rather than as a means of stereotyping and judging, it describes the full range of our behaviors. Along with the insights we get from learning our primary Enneagram type, we gain additional wisdom about ourselves when we learn about our connections to other types through wings, Stress Points, and Security Points.

Regardless of cultural background and life experiences, the core psychological structure of our Enneagram type remains consistent. This makes the Enneagram a growth tool that works for all demographics and can facilitate understanding between them. You can be any race, gender, socioeconomic status, and religion, and still benefit from the Enneagram. All that's needed is a desire to grow.

The Enneagram is an excellent tool for facilitating change. What's just as important is the fact that the self-awareness Enneagram work brings is a doorway to self-acceptance. Many people describe feeling a sense of relief

when they find their Enneagram type. Most of us feel a great sense of reassurance when we finally gain an explanation for why we keep getting caught in the same traps. Through the Enneagram, not only do we learn that our personalities challenges aren't our fault, we also get glimpses of our greatest possibilities and gifts. We stop blaming ourselves for our shortcomings and see the beauty in our true selves. We begin to love ourselves for exactly who we are.

Living with Accountability

We are all works in progress. Some areas of life are easy for us, while other domains present obstacles. We have many traits and habits that we're conscious of, and others that are hard for us to see. The Enneagram empowers us to get more in touch with our internal states, desires, and needs. If you're looking to use the Enneagram to create positive change in your life, one of the keys to doing this is knowing yourself and becoming accountable to yourself.

As you learn about your type, look out for desires and motivations that you've been discounting in yourself. For example, are you a people person working in a field with little interpersonal interaction? Do you want more power or visibility, but hold yourself back from pursuing these things in a satisfying way? Due to various forms of cultural conditioning, many of us write off important parts of ourselves because they're "inappropriate," "undesirable," "too much" this, or "not enough" of that. When we do this, we deny the gifts that we could bring into the world. We can only bring balance into our lives if we accept the people we are in the first place, and make choices that fit our personality's needs. Listen to your type's desire for integrity, clarity, harmony, or whatever is at the core, and look for healthy ways to let it guide you.

Just as we deny some of our gifts, we also tend to overlook our own unhelpful habits. Take an honest look at the descriptions of your type's average and unhealthy sides. Which tendencies do you see in yourself? Take a day to observe your Enneagram patterns at work. Notice whenever you're acting out your type habits in a way that's detrimental. As you think and act, the inner observer takes everything in. It brings critical distance and the ability to pause, rethink, and change your usual way of doing things. The more you flex the muscles of the inner observer, the more

control you will have over your habits and the more conscious choices you will make.

Living in harmony with your type's motivations and developing an inner observer are ways of being accountable to yourself. However, it's challenging to do these things alone. The path to personal growth gets much easier when you enlist some traveling companions. It's helpful to have a partner, family member, or friend (or more than one) to do Enneagram work with. Together, you can candidly talk type, call each other out when needed, and support each other's efforts to live with accountability. It's even more supportive to find a community of people committed to personal growth. Some people find this in religious or spiritual groups, or in groups focused on a specific practice. These bring support, community, alternative perspectives, and a place to focus on yourself. Seek out a group that meets regularly one you can be open with and whose principles you find supportive. Seeking a mix of personal connections and a wider group context oriented to growth brings guidance and support as you connect with yourself and move forward.

Recognizing and Changing Bad Habits

Let's get back to the inner observer for a minute. It's a tricky thing to develop because we're used to acting out our habits rather than noticing them. All of us live our daily lives as creatures of our habits, from our morning coffee, to our work schedules, all the way down to our preferred bedtime. Our habits are external, what we do in our daily lives, and internal, as driven by our personalities. Our egos dictate our habitual inner self-talk, driven by our personality type and personal life experiences. This self-talk is largely unconscious, and when we react to this talk instead of cultivating an awareness of the immediate world around us, it's harder to make the right choices to support our own lives.

As you begin paying attention to these daily habits, the things you do when you aren't making deliberate choices, you'll hear self-talk in the back of your mind. As with your habits, this dialogue has probably been following you around all your life without you paying much attention to it. It sounds like the voice of "the way things are." Listen to it without judgment, bringing gentleness and curiosity. While your own personal

dialogue will be unique, here are some common themes that appear in the unconscious talk of each type:

- Type One: Ones have strong inner critics, and their internal voice can sound particularly parental. There's a strong sense of responsibility, and of things that they "must" do in order to be a good person. Ones are driven to act in the world largely based on this heavy internal dialogue of inner criticism.

- Type Two: The Two inner voice often speaks about other people the Two is in relationship with. Twos will focus on the "other"—what that person needs, and how to provide support. This encourages Twos to provide acts of services, in the hope that true love will come from their efforts.

- Type Three: Threes unconsciously are always looking for ways they can be the best at whatever they're doing. They hear their family's voice: specifically, what they perceived their family wanted them to do to be successful. This causes them to go out and achieve in ways they believe will make them valuable.

- Type Four: After acting or having intimate conversations, Fours will instantly check in with how they're doing emotionally. The current feelings get absorbed into the Four's internal self-image. Fours will then react based on their most current self-perception, which frequently involves negative comparisons or idealization.

- Type Five: A Five's inner dialogue will always be looking for ways they can learn or know more about a subject or situation, usually in great depth. By continuing to dig deeper and deeper for knowledge, Fives hope that they will finally feel like they know enough to act in the world confidently.

- Type Six: Russ Hudson describes the Six inner voice as being like a pendulum: anxiously swinging from place to place, looking for a true source of safety, security, and guidance. Their anxiety-producing inner dialogue causes them to look outside of themselves for a stable, reassuring place of security.

- Type Seven: A Seven’s self-talk is often extremely positive, seeking out the next fun, exciting source of stimulation. A Seven’s thoughts commonly move rapidly, looking for satisfaction and fulfillment from a wide variety of sources. They react by going out into the world and looking for new ways to find happiness.

- Type Eight: The habitual dialogue of Eights gets bigger and bigger: looking to sound bolder, stronger, and more confident with each thought. By creating dialogue that’s full of confidence and bluster, Eights are trying to drown out the voices of sensitivity and doubt, and the fear they aren’t strong enough.

- Type Nine: Nines talk to themselves in a way that’s relatively positive (“I’m okay, you’re okay”), but can also feel secretly resigned to the way things are. They’ll imagine what is nice in their present lives. This kind of talk keeps them in a bubble of internal comfort, stopping them from taking possibly earth-rattling risks.

The first step to changing your inner habits is just being aware of what they are. Through awareness, you can make a conscious effort to introduce different self-talk that slowly changes your internalized beliefs. This kind of change takes time: you’ve been doing your type’s patterns for years, after all, and research shows it typically takes a couple of months to change any habit.

Personal Growth Through Enneagram

Have you ever spent hours on a jigsaw puzzle only to realize that a key piece is missing? Your first response is probably: "It can't be missing. It must be here somewhere."

You pick up every available piece in turn. You search under the table and across the floor. You run your fingers over the completed parts of the puzzle, hoping your fingers will see something your eyes have missed.

You can walk away from a jigsaw puzzle that is missing a piece. It is harder to walk away from the hope that your life will come together in a meaningful whole.

The Enneagram is a system for thinking about human personality and motivation that helps people understand the patterns in their own lives and the lives of people around them.

Many people use the Enneagram to discover the piece they were afraid they were missing.

Based on a combination of ancient wisdom and modern social science, the Enneagram is a model that describes the patterns people typically use to motivate themselves, relate to others and face threats or obstacles.

The center of the system is the recognition that the strategies that work best for us eventually also become the fault lines that leave us vulnerable. We do not always have strengths and weaknesses: sometimes the same quality is both a strength and a weakness.

It is one thing to overcome your faults. It is another thing entirely to overcome your strengths. The Enneagram will describe you in terms of what you want most, what you fear most, and what you are likely to do to achieve results you like.

It is dynamic in the way that human beings are dynamic; the Enneagram describes how we change when we feel secure or stressed, and how we move between different selves in different contexts.

Chapter 17
Change to Growth

The main idea behind the Enneagram is to use it for personal growth, to be able to expand oneself and understand your own behaviors. Though it can be used for other aspects of life such as work or relationships, it will always boil down to how much you have grown yourself.

The meaning of the concept of Personal Growth means evolving beyond our own mask. This mask is the one that we show the world, and sometimes ourselves and personal growth are going beyond that mask to the actual us.

Enneagram Personality

Each personality type within the Enneagram has its own specific characteristics, which means that they may take different paths in their personal growth experience.

Type 1:

- At first, a person with this personality needs to learn to relax and let loose. There is nothing wrong with taking some time for yourself as everything else can wait.

- You can teach others and are most likely pretty good at it, but don't expect them to be able to change overnight. For your own growth, you have to try and understand that people cannot be forced to do certain things, and in some instances, may just not be capable of it.

- Self-righteous anger is your downfall as you get easily angry or offended. You justify the anger as someone else’s fault not to do what they should, but this needs to be stepped back from so that you do not alienate those that are closest to you if there is no need.

Type 2:

- Keep in mind that if you are not addressing specifically your own needs, it is very unlikely that you would be able to meet the demands that someone else makes without any problems. Attempting to do so

usually results in resentment and frustration, so it may be time to set that tendency aside and remember that it is not selfish.

- Be aware of your own motives whenever you are deciding to help another person. If you are doing something nice for someone, not simply because it is nice to do, but because you are waiting for someone to reciprocate or show their appreciation, that may not be good enough motivation to continue the trend. It is easy to become codependent on other people, especially those in the family that you will be disappointed by.

- Learn how others may show their expression of gratitude as it may be different than what you are used to and therefore, may assume that they are not appreciative.

Type 3:

- For this personality, it is of utmost importance, to be honest. This means honesty with yourself as well as with others so that everyone knows your true feelings. On the other hand, try not to impress others or inflate your own importance.

- Try to work towards charity and cooperation in all of your relationships with others. This can be done easily by slowing down and taking the time to really connect with someone else which does not require a lot of work, just a few simple moments to show your own appreciation.

- Work on social awareness since most individuals in this personality are involved in projects which actually do nothing to enhance their own advancement.

- Developing yourself as a separate entity is important because many people with this personality type find that they lose touch with themselves when they are on a project with others.

Type 4:

- Attempt not to pay too much attention to your feelings since they are actually in no way supportive of you. Remember that your feelings only give you enough about yourself at that particular moment and not necessarily any more information than that.

- Positive experiences are the only thing that can help develop self-esteem and self-confidence, and whether you believe or not, you may already have some good ones under your belt. It is good to work on more fundamentally good experiences to help add to raising yourself up.

- Self-discipline takes many forms, and that can even be something like sleeping a certain amount of hours to make sure that you are rested. It is also prudent to work on self-discipline when it comes to getting rid of vices, such as drinking or drugs.

- Don't engage in lengthy conversations in your own imagination, especially if those conversations lean towards the negative and resentful. Since these conversations are unreal, it is best to focus on the present, and instead of imagining different good or bad conversations, it is time to get out there and start living them instead.

Type 5:

- Take the time to notice when the thinking and speculating are taking you out of the immediate experience. Your mental abilities have the ability to trap you inside of your own brain, and it is definitely good to try and mitigate that as much as possible.

- Do not be afraid to ask for advice on the many different possibilities that you see before you. With as many possibilities as it is possible to come up with, you can get very easily overwhelmed and stalled. But from the perspective of another person, it might be easier to move forward.

- If you are involved in projects that start to lower your self-esteem, it is best to extricate yourself from such a situation and evaluate any future projects against such criteria.

- You may find it difficult to trust other people or open up to them emotionally. It is important, therefore, to remember that just because there is a conflict with another person does not mean that it is not healthy or that it can't be worked out. In actuality, conflicts occur quite often and can be resolved peacefully.

Type 6:

- There is nothing unusual about being anxious since it is true that everyone experiences some form of anxiety at one point in time. It is important to confront that anxiety and be in the present with it as opposed to running away from it or drowning it out in vices such as drugs or alcohol.

- When you get angry or upset, you tend to get edgy and quickly turn towards others to blame them for that situation even if the situation is something you have brought down upon yourself. It is a must to become aware of the pessimism that shines through and try and mitigate it.

- When under stress or anxious, you are known for overreacting, which means that it is time to start stepping back. Actually, take the time to realize that what you may have feared did not take place, and there is nothing to react about.

- Take the time to become more trusting as there are definitely people in your life that you are able to turn to that can be considered trustworthy. Though it might mean that you have to open yourself up to rejection, the risk is worth taking in the end as no human should have to go through life completely alone.

- People most likely think of you much better than you realize or think of yourself. It may be time to start embodying some of what people think is good about you and not be afraid to open up to them in return.

Type 7:

- Recognize that you are impulsive and that you are in the habit of giving in to them. This means that it is time to take a step back and realize which impulses you should be giving in to and which ones you should let pass you by. When you resist those urges that you do not need to fulfill, you will have more time to focus on the things that actually matter.

- Take the time to listen to other people as they are often a lot more interesting than you may think, and it may even open a few doors along the way. At the same time, it is important to realize that you can also thrive in solitude and do not need to distract yourself with other things.

- Not everything is needed right at the moment as tempting as the acquisition of new things can be. Most things that are worth the effort will come back if that was not the right time to act on them.

- Make sure to always choose quality over quantity when it comes to your experiences. This means that you need to be able to fully devote your attention to one thing at a time instead of giving in to different urges.

Type 8:

- Though it may not seem like a natural impulse: always act with self-restraint. The power of this personality is in the ability to inspire others which means that you are at your best when you take charge and help out in a crisis. There will be few that will take advantage of you when you are caring.

- As difficult as it is, it's time to learn to yield to others as least when the occasion calls for it. Often times, the world is not at stake when you may have to yield to someone else, and there should be no real fear in sacrificing a little of the power that you hold.

- Remember that the world is not against you and many people in your life actually look up to you and trust you. The problem is that this personality does not make it outright easy for others to think this

way, especially when someone becomes fixated on something. Instead, let their affection come to you as it is not a show of weakness, but rather of strength.

- Even if it might come as second nature to rely on no one, but in reality, those with this personality tend to rely on many other people. Everyone needs to have others in their life that is trustworthy—whether it is at work or at home—so it is important to realize this piece of information and allow those people into your world.

- Individuals who have this personality tend to value power, whether it's a position, wealth, or brute strength as it gives the illusion of being able to do anything. However, the most important thing to remember is that if people are coming to you because of your power or because they are afraid, they are not coming for you but to you. It may be in your benefit to mitigate that if you want.

Type 9:

- It is good to evaluate your own need to go along with what others are doing-especially if you want to keep the peace and remain nice. Remember that, though it might seem like you are helpful and nice, it is impossible to say that you truly love someone unless you are actually present to them. This means you have to be yourself. By continuously going along with what others want or are doing, you are not being yourself and withholding that from people.

- If you have, force yourself to pay attention which means do not drift off or tune things out in your head. It is best to be as emotionally and mentally engaged in the present as possible so as not to get swept away.

- Recognize that there are other feelings you need to deal with, which may not be particularly pleasant such as aggression and anxiety. Negative feelings are as much a part of you as the positive ones and affect you both emotionally and physically, whether you want to acknowledge them or not. It is best to work through all of those

emotions so that they do not take their toll on you and the relationships that you have in your life whether at work or at home.

- When any of your relationships have come to an end, it is best to evaluate how you may have contributed to that ending and what can be done to improve a similar situation in the future. This may be painful to evaluate, but it's really something that could help in the long run.

Chapter 18
How to Have Happier and Stronger Relationships

The enneagram is an antiquated character framework that can uncover a portion of your concealed wants and fears. Something that the enneagram can inform you regarding yourself is that you are so frantic to discover something that appears to be practically unattainable. This article will investigate a portion of the things that each Enneagram type looks for throughout everyday life, except discovering hard to keep up or handle.

Enneagram One

Sensing that you always need to endeavor to "merit" the existence you've been given will consume you out and lead to nervousness and perpetual disappointment. However, much as could be expected, attempt to make harmony with the different sides of yourself – light and dimness. Everybody has a clouded side. Try not to disregard what appears to be correct or wrong to you, however, don't harp on past errors or disappointments. Excuse yourself for the wrongs you've done and pardon others if you can. Take a gander at yourself with empathy for a change and ground yourself right now. What would you be able to do now that is astute yet kind to yourself as well as other people? What are your passions and physical needs at present? Possibly what's best is to simply enable yourself to sit with your qualities and shortcomings for some time. Take a gander at yourself genuinely with empathy. Know yourself, both the brilliant parts and the powerless parts. This will enable you to be more complete within and less divided and disappointed.

Enneagram Two

You may fall into the snare of getting things done for individuals with an end goal to receive affirmation and insistence consequently. Take a gander at your purposes behind accomplishing something before you simply proceed to help other people. Is it correct to say that you are doing this since you truly care about their prosperity? Would it be better if they tackled this issue themselves?

Or on the other hand, would you say you are doing this so you can get some sort of feeling of worth back in return? Be very legit with yourself about your thought processes, tune in to your heart, your brain, and your body. It is correct to say that you are overlooking your very own needs, both passionate and physical, to keep an eye on another person? In your connections, ask individuals what they need assistance with and what they don't need help with so you can stay away from over-venturing other individuals' limits.

Enneagram Three

Invest some energy in your brain, examining what you accomplish for YOU and what you do to pursue achievement and the endorsement of others. Discover somebody you can trust to impart your vulnerabilities too. This can be hard because you need to seem cultivated and self-continuing, however much could be expected. Notwithstanding, having somebody who is sheltered, non-judgmental, and reliable to converse with is significant. Uncovering your actual self to somebody may appear to be unnerving, yet it will likely make you more charming to that individual instead. You'll additionally develop a degree of trust and realness that will assist you with feeling adored for who you are instead of what you do.

Enneagram Four

Focus on your sentiments and begin to see when you have the desire to "amp them up." Here and there, you can feel disliked, dismissed, or misconstrued without having proof to help those sentiments. Get rude awakenings from the individuals you believe when you feel that you are being judged, scrutinized, or maintained a strategic distance from. Do whatever it takes not to "over-interpret" each motion and remark made about you. As a four, you need to have a one of a kind ability or expertise, something that separates you. Once in a while, it tends to be challenging to begin, however. Setting the state of mind in your room or home can have a significant effect! Consider making an "air" in your room that advances imagination and motivation. Print out pictures that motivate you, set up a container with blossoms that make you feel quiet, light a flame. Consider little ways you can take part in dispositions of harmony instead of disturbance.

Enneagram Five

Focus on when you're feeling subject as far as anyone is concerned. How does this make you think about yourself? Is it true that you are disregarding different aspects of your life that need your consideration? Self-care, companionships, wellbeing, and family connections are, for the most part, significant. It tends to be simple for you to feel missing from your body – a "mobile, talking mind" of sorts. You can begin to disregard your physical and social needs, which just damages you over the long haul. Attempt to get into your body somehow or another. Put in almost no time every day, journaling your psychological and physical experience. Attempt to invest some energy occupied with physical movement like yoga, running, bicycling, or hand to hand fighting. At the point when your body is wakeful, your brain is more honed, and you will have more access to your psychological assets. You'll additionally feel less discouraged and focused. Give arriving at a shot to somebody you care about every day. Regardless of whether it's only an underlying instant message or an email, these constant endeavors on your part will assist you with feeling increasingly associated with your general surroundings.

Enneagram Six

Probably the most significant issue that Sixes have is hoping to construct security in their condition without settling their passionate injuries or weaknesses. Attempt to diary about your tensions, feelings of dread, and stresses, and after that pinpoint what is activating them and what number of having materialized. What might it resemble if you could relinquish even 75% of these stresses? What might be the potential additions or misfortunes? Take a stab at posting ten things every day that made you feel security or harmony. Might you be able to concentrate on these zones more? Work on living at the time and relinquishing the quest for potential calamities. Work on being still with yourself rather than continually working and working up that security that consistently appears to be distant. Develop some peaceful time for yourself every day with the goal that you can facilitate your brain. Go for strolls, work out, and connect with your body. Doing this can push you to de-stress and feel all the more rationally engaged and transparent in your reasoning.

Enneagram Seven

Work on seeing your longing for new things. Do you feel like if you attempt an alternate movement or acquire another something that you will, at that point, be upbeat? Pause for a minute to discover the magnificence and marvel at the time you are as of now encountering. What bliss is readily available right since you probably won't find as you continued looking for the new? At the point when you're exhausted, work on recording your musings instead of finding another action. What considerations, recollections, or emotions is that fatigue raising for you? Do any of these should be managed instead of maintained a strategic distance from? Figure out how to hear yourself out and your sentiments when you're exhausted as opposed to seeking after something different.

Enneagram Eight

In case you're similar to most eights, there was presumably a period in your youth when you had a feeling that you must be the "experienced childhood" in your family. You probably needed to take on a ton of obligations, and you had a feeling that you couldn't generally let down your gatekeeper or act naturally. You didn't harp on your pain; rather, you chose to bring your life into your own hands – ensure yourself, secure the ones nearest to you, and be daring and in-control. In any case, something that can assist you with healing and discover harmony in dealing with your very own anguish and the youth that you may feel you didn't get the chance to have. Investigate a portion of the reasons why you watch yourself against helplessness – what might occur if you opened up to somebody or if you approached somebody for assistance? You don't need to go over-the-top and bear everything to anyone who might be in the vicinity, however denying your damages can prompt sharpness, self-assurance, and outrage.

Enneagram Nine

At whatever point you feel yourself "looking at" of your environment, consider what set off your need to do this. What risk did you see? Is this a risk you have to manage? What are the advantages and disadvantages of "looking at" as opposed to tuning in? Primarily contemplating these things can assist you with being progressively mindful when you have to go to bat for something or connect as opposed to withdrawing. You will, in general,

subdue your anger, feeling that it's not alright to express your needs or needs if it may wreck concordance. Discover that it's okay to be furious once in a while. Work on disapproving of the things that you would prefer not to do. Advise yourself that individuals won't immediately despise you or reject you if you go to bat for yourself – indeed, they may regard you more over the long haul.

Chapter 19
The Triads, the Heart and Soul of the Enneagram

There are many add-ons to the basic nine types under the enneagram, which allow for the results of any given test to be much more individually —it makes your results that much more meant for you and you alone.

Along with the basic shape of the enneagram, we also have the centers and the wings of the diagram. There are three centers in the enneagram, which more broadly categorize the nine types into 3 categories by their center. Types eight, nine, and one are the instinctive centers, while two, three, and four have the feeling center and five, six, and seven are aligned within the thinking center. The center of your personality type can offer you more insight in particular into how you make judgements and decisions, and what will likely pose the largest threat to your mental health.

The instinctual center is, as the name suggests, the group of personality types which is most likely to act on gut instinct. This group is less likely to believe in spiritualistic ideals, like coincidence, karma, and a higher power. However, those within the instinctual center are often very loyal, and tend to be proficient at detecting a farce, or finding out a person which they sense may be lying or otherwise not who they say they are. As the title suggests of them, these types—eight, nine, and one—are especially good at using their intuition, tapping into their “gut feeling” on things. However, this can sometimes mean that someone with an instinctual center won’t be able to cut their losses, sometimes going farther than is necessary, believing that they gut instincts will never fail them. This can spell trouble for these types, and they may have trouble trusting real, reliable sources, if their intuition does not agree. The times where their intuition turn out to be wrong, however, are usually quite slim, and their gut feelings will serve them well, much more often than not. This headstrong type likes to act without thinking, and usually doesn’t like to take the time to stop and contemplate what they’ve done or why they’ve done it. This can cause issue for them, especially when their gut instinct turns out to be wrong.

The feeling center is made up of the three types who are willing to do most anything to gain the emotional and psychological validation of themselves and others, especially figures that they look up to. This could mean a parental figure or a teacher, or a lifelong friend. Regardless, this figure in can become to fixation of the feeling center's life at times, as they may have trouble finding it in themselves to be happy and independently content. Often, the feeling center is prone to acting on a whim, doing bold things they wouldn't otherwise do when the feeling strikes them as right. They can clash with the thinking centers specifically, as the feeling types—two, three, and four—may take personal offense to something the thinking center said without considering their emotions. This vulnerability of the feeling types can harm them at times, but it also makes them an incredibly valuable asset. In a professional setting, someone who is able to tap into their feeling center and still control their emotions can be especially skilled at empathizing with an audience or a market. In the context of personal relationships, someone with a feeling center can be a blessing or a curse, depending on the day. On a good day, a feeling type is loving, empathetic, considerate, and cooperative. On bad days, however, the feeling types can become wrathful, petty, or vengeful. This proneness to attitude shifts and mood swings can badly damage the reputation of the feeling type, but when they can level their feelings and look at their surrounding with a clear mind, they're experts at connecting successfully to all kinds of people.

Finally, the thinking centers come off as the stereotype of a cold, standoffish, perhaps overly analytical addition to the group. In reality, this is likely someone who understands the harshness of the world sometimes. They know what it's like to experience slumps, just like everyone else. A thinking center isn't someone overly harsh or unwilling to open up to people, but these traits may be ones that the thinking center should watch out for. Thinking centers are more prone to depressive episodes and periods of their lives than other people, and they're also more prone to harsh slips of the tongue. Sometimes, thinking centers get so wrapped up in their own intensity that they don't realize that, to some other people, their passion comes off as harsh and cold. Tone is a tricky thing, especially with the thinking center. They aren't sure if what they're saying sounds correct, and they have trouble gauging the responses from those around them, which can leave them at a loss for a clear answer—something massively frustrating to

a thinking center. Not being able to understand clearly how to solve a problem, and having to fumble through nuances and reading between the lines, can be hell for a thinking center. If someone with a thinking center can, however, learn to control their frustration, they can easily become a powerful force of logic. The analytic prowess of many thinking centers makes them indispensable, both in a professional group and a friend unit. The thinking center is much more likely to serve in a friend group as the voice of reason, keeping their companions in cheque and making sure that people think their way through decisions before they make them. Thus, they can clash with the raw emotions of many feeling centers, and they may take an instinctual center's disregard for logic as a personal attack on themselves. If the thinking center can get their never-ending thirst for understanding under control, there's no doubt that they become important allies, in any line of work and in all aspects of their lives.

Each of the three centers also have a singular emotion which is the dominant feeling for that center, when a person within that center loses control of themselves emotionally. When you get into an argument and leave from that argument with the issue unresolved, how are you most likely to feel?

If you think you would most likely still feel angry, hateful, or full of rage at the other person—regardless of whether or not someone is right or wrong, or if that person is you—you probably belong to one of the types within the instinctive center. Those in the feeling center are most likely to feel shame for their outbursts, while the thinking center may fear the consequences before they feel a moral weight or guilt.

Even within those three centers and their primary response to stressful scenarios, all types react to their main emotional theme differently from one another. A type one and a type eight aren't very similar, and yet they both experience anger as their primary negative response. However, a type one will often deal with their feelings of anger or rage by suppressing it as much as possible. They direct their negative feelings into a desire for control of themselves and others. A type eight will more simply act out immediately when they feel anger this way, the most likely to lash out—but also the least likely to harbor these feelings of anger for a very long time. Because all types and all people are inherently different, the enneagram is also shaped

around these different responses, within both the types and within the center that those types are squared away in.

There are also the triads—these three triads present another way that groups of the nine basic types relate to the world and process it, each in a slightly different way. These groups of three are often called the “harmony triads” --they each give us three types within which react differently to their experiences. Again, the way that each of these triads relate to the world is not exclusive only to those types inside of them—all of these outlooks are also the result of experiences an individual has. It’s up to you if you want to adopt an outlook like this or incorporate more traits of one or more of these triads into your life and relationships.

The first triad is made up of types three, six, and nine—these are the three base personalities which make up the pragmatic triad, also referred to be some as the “Earth triad” or the “attachment triad”. These types are people who are more in control of the way we thrive in our material world. In particular, each of these types has, in a manner of speaking, removed themselves from something important in the ways of attachment, or for the sake of attachment. Type three is more likely to have strayed from hope—giving up on wishful thinking in order to pursue the material world, a world that they may think can’t exist in the same realm as hope. Type six is more likely to have strayed from faith—they’re prone to the “life isn’t fair” mentality, and are therefore more prone to resign from hope that their “luck” will turn around. Type nine, on the other hand, is more likely to have given up on the concept of quality love—specifically, type nine is prone to prioritizing the love and care for self below the cares and needs of others. This can lead to declining mental health in a type nine, as they may not see the importance of caring for themselves. Not likely to have their heads stuck in the clouds, the pragmatic triad is much more prone to seeking our straight-forward answers to what may seem like complex questions, often being comfortable settling for a secure place in the world. Often the ones to first utilize Occam’s razor—the principle which states that the answer to a problem which is the most simple and straightforward is often the correct one—the down-to-earth group are the ones who connect us at our deepest and simplest level, and the ones who are more likely to communicate more physically than put their feelings into words. This can also mean they’re prone to acting before they thoroughly consider all their options, which can

easily place them in hot water. Pragmatists may seem cold and distant, much like the thinking center, but they are people who want to be cared for and looked after just as much as anyone else, although they may have trouble realizing this at first. If someone can get through to them and convince them that there's nothing wrong with wanting help, they can be in a much better place mentally.

The second triad of the enneagram is made up of types two, five, and eight. They are also known as the relationist triad, the types which show us how we should offer things to others in order to sustain relationships. They care for others and a lot of the identity of these types revolves around what they can and will do for those around them, whether they be someone that person is deeply involved with, or just a work acquaintance. Specifically, type two is more adept at offering care and support, as the friend who may not jump to offer you a solution to your problem, but who will listen quietly and empathize. Type five is more likely to distance themselves from the problem at hand in order to get a new and rational perspective on it. Less likely to empathize as much, but much more likely to offer you a rational solution to your problem which is more likely to solve the issue or prevent it from happening. Type eight, on the other hand, is more likely to shield you from the issue at hand, even if they can't offer you a surefire solution to it.

Chapter 20
Discover Who you are and Who you can Be

Building Self-Understanding

"Who am I?" This is an age-old question—yet how many people have been able to answer this question for themselves with honesty? This part is where we get into more of the psychology aspect of learning about personalities. The dictionary defines self-understanding as "awareness of and ability to understand one's own actions and reactions." I'm sure many people wonder how important it is to know themselves. We have so many labels and titles—athlete, mother, singer, married, single. Why would we need to know anything else? If we feel like we get along fine in our everyday lives, then who cares, right? Why delve into the more uncomfortable, emotional aspect of who we are?

So why is self-understanding critical? Knowing ourselves gives us the ability to see our individuality. We don't just blend into the people around us when we understand how we think, how we feel, and what makes us angry or sad. We learn where our weaknesses are and learn to adapt and accept the inevitable changes of an ever-moving world. Self-understanding shows us what we know and what we still need to discover. Hence, oftentimes, we try to hide our weaknesses, which can cause them to appear more prominently to others.

Thus, to understand ourselves better, let's take a look at what "self" is, according to some popular psychological theories.

What is “Self”?

“Self” is a concept with many aspects. We have the physical aspect: how active we are, what we like to do in our spare time, our favorite sports, or hobbies. The social aspect: how we relate to other people, whether we like to hang out in large groups or spend time with a select few or even alone, how deeply we get to know people. The competent aspect: how able we are to take care of ourselves, keep a job, pay rent, whether we take care of ourselves or have families to care for, our ability to complete tasks.

Other primary factors of self are self-knowledge, self-perception, self-esteem, and self-awareness.

Self-Knowledge

The process of gathering self-knowledge is based on a question of its own: “what am I like?” It is not just what we know about ourselves but also our need to seek out knowledge that leads us to a greater understanding of our concept of self. It is a mental representation of who we are as individuals. Individuality is made up of many attributes that we relate to ourselves as we discover the ones that apply. Self-knowledge is found in the realm of cognitive self; the things we both know about ourselves and the things we might think we know. This includes the very physical individual traits, such as ethnicity, eye or hair color, and body build as well as more psychological traits like morals and beliefs.

Self-Perception

Perception is defined as “a way of regarding, understanding, or interpreting; a mental impression.” Daryl Bem, a psychologist, has theorized self-perception as it regards to the development of attitudes. Bem claims that people naturally develop attitudes as emotional responses to either ambiguous or previously un-experienced circumstances. We do this by being aware of our behavior and acting accordingly to respond to a situation. This theory has been seen as contradictory; however, many believe it is not our behavior that dictates our attitude but our attitudes themselves that influence behavior. The healthy way to approach self-perception is to examine the possibility that it could go both ways. The fact

remains, if we consider the last part of the definition of perception, it comes down to one thing: understanding. If self-knowledge is gathering information about ourselves, then self-perception is the ability to understand that information. We can then understand why we respond and react to different things the way we do.

Self-Esteem

Self-esteem understands on a more personal level. It hits on the longing aspect of our personalities. It is how we see ourselves; our evaluation of our worth, whether its how other people see us or not. Self-esteem is entirely emotional and can, obviously be positive or negative. Some personalities can not only see themselves as competent, wanted, worthy, or valued; they can believe it as well. Other personalities will yearn to feel all of those beliefs and hear them affirmed by other people but will be unable to accept them or even perceive them for themselves. Unfortunately, it seems much more common for us to believe the negative about ourselves. Many who suffer from low self-esteem see themselves as unworthy, unattractive, or incompetent. Self-esteem plays a vital role in how we operate in our daily lives. It can influence the outcomes of our jobs, how we deal with families and other relationships, even the results of academic pursuits.

Self-Awareness

Self-awareness is the ability to understand that we are our own individuals, apart from everyone else. It is how we can be conscious in the knowledge of our character and personalities, including our emotions, what motivates us, and our likes and dislikes. Self-awareness can be split into two factions: external and internal. External awareness is, naturally, being aware of our own physical body in regards to health, human development, and external interpretation to internal sensations. Part of understanding ourselves is being aware of the emotions we are feeling and what causes those emotions to occur.

Jungian Self Archetype

Carl Jung has produced many helpful theories on self and personalities. The famous Myers-Briggs personality-typing test is based on Jung’s

theories on introverted and extroverted personalities. Jung believed that there were two levels of our unconscious mind: personal and collective. Evolution plays a big role in this theory and states that there is a "collective" instinctual thought and process pattern that has developed in all of us through centuries of development. He categorized these ancient behaviors into "archetypes." To him, they represented the basis for all social practices, no matter when/where/to whom you were born. A rich man in the city would have the same innate behaviors as an Ecuadorian native living in a hut in the jungle. There is a more comprehensive list of twelve archetypes Jung identified, and they are derived from four main one: Shadow, Anima and Animus, Persona, and Self. The Jungian theory says that Self is the center of the entire personality—including the unconscious, the conscious, and the ego. It is usually symbolized by a circle, as it represents the whole psyche. He claims that Self is not only the most critical archetype—it can be tough to understand. He believed it to be a separate entity, the source of our dreams—and he felt that complete knowledge of true Self was impossible. His theory posed that in the first "phase" of our lives, we are born into the collective "primal" consciousness. As we age, we come into our own personalities—our own "self." His process is involved and a little confusing. It's more psychology than we need for our purposes, but the one thing remains: the self is essential, and learning who we are is the beginning to self-understanding.

Johari Window

Another technique for discovering our self is called the Johari Window. It was developed by two different psychologists: Harrington Ingram and Joseph Luft. The Johari Window gives us four basic versions of the Self: hidden, known, unknown, and blind.

Our hidden self is what we know and perceive in ourselves that is not seen that other people do not. This is where we hide things about ourselves that we don't want to be known. It is very private and protected for a variety of reasons. These are the things we may feel guilty or ashamed of, or we may be too insecure about showing vulnerability. The hidden self could also indicate good qualities of humility and modesty.

Conversely, the known self is naturally the side of us that is known to the world. It is both what we see and what those around us see. We can share our known self to others freely, and we are reconciled to what we and others have defined this side of us to be.

The unknown self is a bit more ambiguous. It is the side of us that neither the world nor we can see. It could mean both negative and positive things that we are not aware of yet. It can also indicate unknown skills or potential; things we just haven't discovered about ourselves yet. Getting to know the hidden self can be intimidating. It means venturing outside of comfort zones, embracing change, and trying new things.

And finally, there is the blind self. This is the area of ourselves that is hidden to us but known by those around us. It also shows misconceptions we may have about who we perceive ourselves to be. Some may think they are focused and organized, while others may disagree. Or we may get hung up on feeling like we are incapable or lack specific skills while others may have an entirely opposite perception. One of the best ways to gain self-understanding and awareness is to get feedback from the people in our lives. It means having the courage to hear both the good and the bad about ourselves, but it is an excellent exercise to consider.

Self-Understanding and the Enneagram

So, now that we have some insight into what "self" is it is time to look into how the Enneagram model can help in our quest for self-understanding. The first step is easy: take the Enneagram test and discover your type. The next step may be more difficult: keep an open mind and accept the bad with the good.

One of the biggest hindrances to gaining this kind of in-depth knowledge is fear. Fear is what keeps us in our boxes: fear of failure, fear of not measuring up, fear of rejection; the list could probably go on for a while. Misuse of the Enneagram tool can lead to more fear and resentment than it is intended to, but a healthy approach to self-evaluation can yield great results.

We should all strive to be better than we are, and that is one of the most important reasons even to attempt to develop a greater self-understanding.

That is the whole purpose of the Enneagram model. Even though there are negative sides to every personality, the Enneagram also shows how each personality shines and excels. Before taking the Enneagram test, however, it could be helpful to ask a few pointed questions of ourselves. Questions like: what three words would I use to describe myself? What do I perceive as my top two or three most significant strengths? How would I define my weaknesses? Is there anything I would want to change about myself? Answering these questions as honestly as possible could make identifying with an Enneagram type a bit easier.

We all have gifts and potential; we all have something to offer in any aspect of our lives. We should not see any of the nine personalities as good or bad. They all have good qualities, and they all have blind spots. The Enneagram already identifies the main potential blind spots in each type. Once we have defined our core personality, part of self-understanding is accepting the blind spots and improving on them.

There are so many outside factors leading to our understanding of self. We are significantly influenced by the when and where we are born, who our parents are, how we are raised, and the environment where we grow up. The good thing is: it doesn’t have to end there. That’s part of what makes the Enneagram model so helpful. Understanding what motivates our thoughts and actions can help break debilitating thoughts and habits.

Chapter 21
The Enneagram Effect

The Enneagram can teach you about both your human nature and divine potential. There may be as many nuances within each of the nine universal personality types as there are people in the world. Discovering your unique nuances is your wonderful work within the Enneagram. Your inner work is a great investment in you, and your relationships whatever combination of personal growth tools you use.

You now know that understanding your personality type and your own potential is the start of the inner work of personal transformation. After all, actually realizing who you are meant to be takes more than the knowing.

Your deepened awareness and acceptance of that newfound awareness may provide a new pathway within you. Your practice of new behaviors that free you and get you out of your own way will provide you with profound shifts.

The affects you feel will be so worth any work you have done to realize your growth. Be patient with yourself. Some-times after an aha insight, you change behavior immediately. More often, other times it takes baby steps to see progress within yourself.

The good news is that the Enneagram gives you practical ways to gain consciousness and make a resourceful choice. You will come from your own internal safety not your own often self-created stress. One way that cannot be emphasized enough is through breath work. Breathing into the emotional passion that gets triggered can help to deepen your awareness of it.

Science has now shown us that with repeated practice, we can break out of our habitual patterns and reactions more often.

Dr. Donald Hebb of McGill University has investigated the neural circuits in the brain, the connections that fire or light up when we are thinking certain thoughts or are engaged in certain behaviors. His conclusion? “What fires together wires together.”

In other words, when your neural circuits fire together in a certain way repeatedly, they tend to do more of the same. In Enneagram terms, your habitual patterns make deep grooves within your personality. When you change the pattern through conscious choice, instead of continually going on autopilot, you disrupt the pattern, and the grooves, lose their edge and soften.

Liz Tobin, Family Health Practitioner, taught it to me this way:

"Connect to your detached observer within and notice how your feelings, perceptions and interactions change. The next time you are faced with a situation that pushes your buttons, stop and pause. Say to yourself, "Here is an opportunity for me to change this way of mine. I have the power to change my response. I do not have to react in the same old way."

People can change and grow. It takes effort but like anything that gets practiced it gets easier with time.

Remember Dr. David Daniel's 4 As related to the Enneagram: Awareness, Acceptance, Action and Adherence.

- Awareness of yourself is your type's wisdom that resonates within you
- Acceptance of your whole self-entails both sun and shadow sides
- Action: making changes in your patterns by using this newfound awareness to make choices that are balanced for your greater well-being.
- Adherence or practice: repeatedly using your Wellness Map and Enneagram wisdom.

Becoming aware is the first step, accepting your new awareness and using strategies to create new behavior, is action. Repeating these new behaviors is adherence or practice.

With practice you will feel a shift for the better within yourself.

Chapter 22
Benefits of Using Enneagram

The most important benefit that the Enneagram provides is that it will help you to understand yourself. It will help you to understand your inner self. It will also help you to understand others. When you understand others, you can be more compassionate towards them. The Enneagram will help you to not just access, but even expand your emotional, mental, and spiritual intelligence. You will be aware of your automatic responses and defensive reactions towards situations in life. When you are aware of the manner in which you react, you can change your reactions. The only thing that you can fully control in your life is your reactions. The difference between success and failure is your reaction. The way you react can decide the course of your life. Thus, the Enneagram will improve your efficiency when you interact with others. Not just that, it will help you to build meaningful relationships. It will help you to live in the present and not the past or the future. Well, it all boils down to self-awareness. Being aware of yourself will help you to change your life for the better.

Confidence

The eighth, and second to last personality is called the challenger. They are named this because they never turn down challenges. It is more like they feed on these challenges. Challengers are quick to make decisions and have high confidence in the choices that they make. This confidence has earned them the nicknames of Willful, Powerful and Self-confident. They always feel the need to control the environment because of their surety. Because of this, they have also known for being quite dominating.

Influential and inspirational but sometimes becomes intimidating; people of the eighth personality do not like to show weakness. They would rather challenge those around them in order to show their resourcefulness and skill. They never miss a chance at turning a challenge into a means to better them. They make advances at taking control before anyone else has an opportunity even to try let alone acquiring any form of rule over them. They fear to be vulnerable and possibly being hurt or dominated by others.

There is no way around its challengers are highly competitive people. They will do anything to win and ensure that the perceived opponent has no advantage over them. They feel a need to win at everything, and revel in their strengths, abilities, and work. They not only dislike human control, but they also hate being controlled by circumstances. Much like the seventh personality we looked at, challengers do not like feeling restricted. Sometimes these two personalities are mistaken for one another. This is especially true when an eighth's dominant wing is a seven, or a seven's dominant wing is an eight.

No matter how much contradiction challengers face, they only want to do what seems right to them and would go to any length to achieve their goals. Unlike the seventh personality that goes to extremes in order to get what they want because of a need for excitement, challengers go to extremes because they want to prove their worth and show their strength. They don't mind being forced out of their comfort zones because they like the idea that they have the opportunity to give more than they usually do and be even better than they already are.

Self-Awareness

Now that you have discovered your personality type, it is important that you consider actions and steps that will allow you the joys of personal growth to become more self-aware. As you would guess, different personalities have different actions and recommendations for the journey of self-awareness. Therefore, let us examine each of these individually in order to help you identify what works best for your type.

Benefit of Self-Awareness

Your Coping Skills Will Improve

Life will always throw challenges at you. When you lack self-awareness, you may address obstacles from a place of reactivity, and it becomes much harder to cope. With awareness, you can handle these difficulties from a place of grace and acceptance, and it becomes easier to remain positive and relaxed, and to make empowering choices.

You Will Heal Yourself.

When pain remains buried and unaddressed, hurt lingers on in your body, making you more likely to react to the present from the place of your past pain. Working through your challenges makes it easier to act consciously and frees you from the burdens you carry. People tend to feel much better each time an issue gets resolved.

Your Internal Sense of Balance Will Increase.

Sometimes, you may feel as if you are on an emotional tightrope. Each emotion and reaction have the potential to hit you like a strong gust of wind, leaving you struggling to cling to the delicate balance you've created. Self-awareness gives you strength, and acceptance makes you even stronger. You can maintain your balance and weather internal storms.

Your Relationships Will Get Better

You can make it easy for others to enjoy your company when you relate to them from a place of awareness. When you react to others from a place of unconsciousness, you have more conflicts, and greater hurt may arise in relationships. With self-awareness, you develop compassion for others' pain. It is easier to connect with others from a place of kindness.

You Will Develop Presence and Mindfulness

Being present allows people to live in the here and now. When we are focused on only the current moment, we don't need to feel hurt by the wounds from the past or fear the unknown in the future. We find acceptance and joy in everything. We simply are. In presence, we see others and ourselves fully and compassionately.

Compassion

The enneagram allows for one to get on a journey towards self-enlightenment and acceptance for who you are. Everyone has a basic driving force and a preferred strategy set for unique talents and strengths that make us individuals. We look at the world and the present era with specific perspectives and we are drawn in particular directions as

individuals. These preferences can harden into modes of behavior, which also strangle the ways in which we grow. At times when people first discover the particular type they are, they might say that they would like to change to another type. That is an indication they are judging one type to be more desirable as compared to another. The key to utilizing the enneagram would be exploration without the use of judgment. The question is if each pattern provided a large reservoir of talent, which is equally valuable. You are undoubtedly growing and maturing everyday so there should not be a limit to the potentials irrespective of your type. Every evidence points to the fact that no enneagram type is better than the other. In each archetype there are different levels of maturity and generativity. The level of maturity may vary though in different contexts.

Each type of enneagram represents a deep habit. It shows a theme that for a lot of people is constant throughout their life, though the possibilities for the mental, physical or spiritual developments have no bounds. The type is a fundamental form of human habit. With some technology and coaching, it is possible to utilize the information gained from this information to transform patterns for more effective behavior and perspectives.

As we study our types, it begins to dawn on us that there is a range of healthy to unhealthy behaviors we engage in unwittingly. When we are relaxed, we may feel safe and have natural gifts that are inherent to our type that are at our disposal. Similarly, when under stress, we have ways of reacting that may run contrary to the best intentions we have. When triggered we may also react in the best way to protect ourselves from pain, fear or shame and respond so quickly that we do not even acknowledge the effect that it has on other people. When growing to understand our type, we develop the right skills which are particular to that type and that may allow us to reduce the levels of stress we harbor through reactivity and our quick responses which negatively affect the ones that are around us. This also allows the illustration of the greatest gifts and as we continue to learn, there is an understanding that others also have unconscious patterns and reactions which are predictable during times of crises, happening beyond the level of present awareness.

With more study, one may start to develop valuable traits such as compassion and understanding for themselves and others concerning the

patterns of the type and then grow to appreciate just how fast anyone can be triggered and how much it is not possible to note the patterns. Develop skills that would slow things down and bring us out of the trance that instilled patterns we engage. We can then become compassionate and sensitive to the emotional vulnerabilities of everyone and become skilled at holding space for them. Under stress, each category has a way they disconnect from their loved ones emotionally.

In depth exploration concerning the enneagram also assists one to navigate their relationships with more skill. Knowing the types of your family and colleagues can increase your understanding on their fears, defenses and motivations, allowing you to understand how they would interact with you and others. The other reason you should take this journey into self-exploration is the commitment to living a conscious and caring life though every day you may come across situations and people that could result in self-sabotaging reactions. Even if you had been on a spiritual path for some time, you may still be humbled by the manner that the unconscious reactions bring you to patterns that you had thought had been outgrown.

It could be that you tend to space when your spouse expresses painful emotions because it disrupts your carefree attitude, or you may turn to alcohol or other drugs when you feel like you are being shunned or things are not going your way. Irrespective of the pattern, everyone comes with habits that block self-expression and joy. All of these patterns which are negative because of their own suffering and they are linked to habits of the different enneagram types. Even in the event that you can recite deep spiritual truths when these patterns are triggered, you may still forget the bigger picture of who you are and the unique gifts that you can share with the world. The question then arises on how one can find clarity and free themselves from the fears, motivations and desires that fuel behavioral patterns and trigger other reactions from others.

Leadership

People who fit into the challenger category are both convincing and charismatic. Hence, they can be found in a variety of leadership positions. They tend to be the best in their different fields and can sometimes be seen as paragons of whatever it is they stand for. Because of their ability to

exercise so much control and restraint, they significantly affect their society and believe they have a full understanding of how things should work. They expect that everyone follows them and will fight opposition at all costs. They also have powerful instincts that they'll follow at all costs rather than go along with someone else's or being convinced to ignore their instincts.

Much like people of the sixth personality, trust is not an easy thing to achieve for challengers, but when they do realize it, they make that person into a very close friend and give that person a level of importance in their lives. People of the eighth personality begin to use their protective instincts to defend these people who are close to them and would do anything to provide for those people.

Challengers do not appreciate any form of control over them. They fear allowing external factors to influence them and will fight no matter what to break that influence.

Chapter 23
How To Get Along With Different Enneagram Types?

How to Get Along Type One?

Enneagram type one, or also known as a perfectionist, is always on a lookout to make things better since nothing is ever good enough for them. This particular pattern of thinking makes them perfectionists who have the desire to improve or reform; they tend to think of themselves as idealists who want to make order out of the omnipresent chaos.

Type ones have a fine eye for details. They are self-aware of the flaws they have in themselves, the situations and others. This awareness triggers their need for improvement, which can be beneficial for the people involved. However, it can also prove to be quite burdensome for the type one and those who are on the receiving end.

Type one lives to make the world a better place to live in. Ultimately, this obsession also turns out to be their greatest fear; this fear is that they are innately bad, thereby pushing them always to improve themselves. When it comes to a relationship with family, friends, and lovers, type one's, when on the healthy side, are easy-going, care-free, and fun individuals.

How to Get Along Type Two?

The enneagram type two, or also known as the helper, tends to feel worthy to an extent as they are helping other people out. For type twos, love is the greatest ideal. They strive to give to others selflessly. They are emotional and warm people who care a lot about their relationships and will happily invest their time and energy to the people they love and will appreciate their efforts. Type twos also know how to make their homes inviting and comfortable.

Type twos are naturally intuitive to the requirements and needs of others and are considered the most caring and empathetic out of all enneagram types. For type two's, relationships are everything. They do everything to

build connections and identities are established based on the levels of interactions.

If you know someone who is a helper, you need to show your love for them by letting them know how much respect and love you feel for them as real and honest as possible. You should always try to give them specific examples of all the things that you appreciate about that person. Since type twos tend to live directly through you, you need to ensure that you are helping the person pay attention to their own needs and acknowledge their problems with compassion.

How to Get Along Type Three?

Also known as the achiever, type threes are the type of people that require validation for them to feel worthy; this comes in the form of success and the need to be admired. This group of people is highly focused on their goals, competitive and hard-working; the goals may vary from being the best salesman in their company to the most wanted person in the social group.

The people in this category are goal-setters and know how to achieve them. They also know what drives a person to reach for the stars. They are highly competitive and always on the lookout for recognition and praise. When type threes are deeply engaged in their work, it is always best to leave them alone.

Because of their need to win, relationships with type threes can feel dishonest and fake, especially when they disconnect from the present moment and their feelings. Additionally, they also find intimacy difficult at times. Their need for external validation is often hiding the deep sense of shame of who that person really is; type three shames that this fear will be revealed to the person if he/she gets too close. On their worst, three’s sense of narcissism can get very ugly and they can become ruthless and cold-blooded in the pursuit of their goals. Let them know that you like being around them and praise them for their achievements every once in a while. When giving feedback, make sure that it is honest, not judgmental or unduly critical.

How to Get Along Type Four?

Type fours are known as romantics. They tend to experience a sense of melancholy and longing. Something is always missing for them, which then leads them to a quest for wholeness via romantic aesthetics, healing, or idealism. They have a firm belief that lost love can be regained by finding a situation or love that is fulfilling, special, and unique.

Type fours live for relationships and connection, even if they believe that they are not. Most fours tend to believe that they are too messy, complicated, or too much for most of the members of the society; however, they are always relentless when in the pursuit of an authentic connection. Type fours seek depth and meaning in their quest for personal creativity, work, and relationships.

Type fours are always tempted to conform for the sake of acceptance and belonging. They tend to live in worry; while they want to be accepted into society, they also wish to stand out from others. These worries make them think that there is something wrong with them and they get easily convinced that relationships and genuine connections are not their cups of tea. They get envious of other relationships.

How to Get Along Type Five?

Type five, or also known as the observer, are the type of enneagram that focus more on accumulating knowledge and intellectual understanding. They are often known as technical experts or scholars because of their analytical abilities and perception. They also tend to be self-reliant and private. For them, relationships might prove to be a risky affair and it can be quite difficult for them to open their hearts out and share their feelings.

Type fives, on their best days, are known to bring in a lot of strengths to any type of relationships like intellect, curiosity, insight, and vision. They tend to feel a familiar comfort at home, where they are amid their thought realm. Generally thoughtful, well-read, and intelligent, they quickly become experts in the areas that align with their interests.

If you know someone who fits into this category perfectly, you need to remember to show your love and respect about talking about something that they know best. You need to find out what they are most passionate about.

Once you do, you will see that the conversation will last for hours to come and both will love each moment of it.

How to Get Along Type Six?

Enneagram type six, or also known as the questioner, are security-oriented and committed type. They are trustworthy, responsible, hard-working, and reliable. They have the capabilities to predict problems and foster corporation. However, they also tend to become anxious, evasive, and defensive; they might also get the job done on stress and keep complaining about it. While at their best, they can be courageous, self-reliant, and internally stable while championing among themselves and others, they tend to become suspicious and question themselves.

Type six make use of their intellect and perception to understand how the world works and find out who all are hostile or friendly. They primarily divert all their focus on guarding the safety of their community, project, or group. They have the ability to anticipate a particular problem and come up with solutions accordingly.

Type six people are only looking to feel secure, to be supported by their friends and family, to have reassurance and certitude, and test the attitudes of other people around them. Often, you will come across them as hard-workers and energetic. They only wish to listen to the truth. They do not act lightly to people who are trying to flatter or manipulate them.

How to Get Along Type Seven?

Type sevens, or the adventurer, make for wonderful co-workers, partners, and friends. They are always optimistic and fun, light-hearted spirit and always on the lookout for adventure. They know how to connect with their inner child and remind others how to play.

However, while sevens might appear to be having a lot of sunshine and fun, they often struggle when it comes to confronting their feelings, especially when they think that their feelings will be portrayed as negative. If the sevens are at their best, they can be seen as a beacon of hope, like Superman. They wish to see a safe world and the best in people. However, when hard times fall, they can become very opinionated and hard-headed.

They will start failing to see the finer details and will rarely follow-up on their work and commitments.

If you know someone who fits in this enneagram type, you will be able to experience all the joys of the relationship. However, you need to remember that type sevens are always on a pursuit of pleasure that can make your presence less viable. They are very much oriented towards the future and will always want to seek the best experiences in life. When pain and hardship come, they will try to sit with those feelings.

How to Get Along Type Eight?

As the name suggests, type eights, or the assertors, are leaders who believe in acting. You might notice some traits like that they always want to take charge and are always on a lookout for solutions. They are highly-energetic and wish to find meaning while standing up for the underdogs. When at their best, type eights are generous, playful and supportive.

However, if things are not going the way as expected, they can become quite combative and aggressive. They find it extremely difficult to relate to feeling-driven numbers and thoughts. At times, they can be misunderstood as bossy characters or bullies, especially if the type eights are women. Since they fear that their emotions will control them, they tend to distrust them, whatsoever. They will also avoid displaying any type of vulnerability that will expose their weakness.

If you are having a hard time dealing with someone who is a type eight, you first need to come to their level. They value straightforward communication and honesty. You need to remember that their aggression is not personal at all – instead, they are trying to protect themselves and seeking to control the environment. You need to stand up for them and be direct, strong, and confident. You should never gossip about them or betray their trust. Give them ample space when they ask for it.

How to Get Along Type Nine?

Type nines, or the peacemakers, are also known as the chameleons of all the enneagrams. They expertise in relating and adapting to all the other numbers. This can be seen as both, a strength and a weakness. While this

enneagram type knows how to make everyone feel present and seen, they also tend to lose who they are in the relationship.

Type nines tend to cling to a lie that neither their opinions nor presence matter. While they seem like easy-going characters, they tend to erase themselves to maintain peace. Some main challenges regarding type nines in a relationship are that they tend to become passive-aggressive, aloof, and distracted towards others. However, if you manage to catch them on a good day, they know how to avoid conflict for connection and will ensure that their opinions are asserted when it matters the most. The most unique aspect of type nine is that they tend to forget their autonomy while validating other enneagram types.

When you are relating yourself with type nines, you need to remember some major pointers. To start with, you need always to include them in the decision-making process. You need to encourage them to voice their opinions since they will naturally move away from the conversation. You need to give them choices when asking questions rather than open-ended ones. Type nines also look for affirmation when they are being honest, so you need to make sure to celebrate when they do speak up.

Chapter 24
Dynamics and Variations

The Enneagram is not vague. It can help us pinpoint and tailor our clarity through a better set of distinctions compared to nine basic types. Each form possesses two wings as well as three instinctual variants. These two "lenses" assist us zero in on any of our personality attributes with better precision and uniqueness. However, Enneagram is also distinctive among personality typologies in this shows us the best means to develop. It correctly maps out the sequences of our growth as well as those that get us into problem. With the stages of development as well as the steps of integration and disintegration, we can effortlessly understand the mechanics of our personality — the ways we change with time.

The Wings

The wings enable us to individualize the nine (more basic) types of the Enneagram. Each wing is actually a subtype of the complete type. Understanding the wing allows us to pin down the difficulties we must confront on the spiritual path.

Since the nine types are positioned around a circle, regardless of your basic type, you will find a type on every side of it. Any of the two types will probably be your wing, the wing adjusts and combines with the basic type and identifies certain inclinations in it. For instance, provided your basic type is nine, you're going to have either an eight-wing or a one-wing.

Nobody is actually a natural type, and in some instances, we also find nines with both wings. Most people, however, have one dominant wing. Taking the dominant wing into consideration produces a unique subtype that is recognizable in daily life. For instance, when we look at sevens in the real world, we see that there are seven with an eight-wing and sevens with a six-wing. Each of these two different wing subtypes has a very different flavor. All of the type and wing combinations produce eighteen wing subtypes, along with two for every single type. They have been each described within their respective type parts. It may enable you to think of

individual differences by picturing the circumference associated with Enneagram as a color wheel that offers the total array of available colors.

The types can therefore be looked at as a family group of related shades. Indicating that someone is a six, as an example, is the equivalent of saying that they truly are regarding the "blue family." Although we might not have an accurate notion in what exact shade of blue will be regarded (teal, deep blue, sky-blue, indigo, powder-blue, and so on), we, we certainly understand the distinction betwixt blue and red, or amongst blue and orange, for instance.

That way of taking a look at the types shows us that there's a procession of human expression, just as there's a procession from the color spectrum. There are not any real divisions amongst the types of personality types, just as there are none between the colors associated with the rainbow. Individual differences are as unique as different shades, hues, and intensities of color. The nine points from the Enneagram are merely "family names" that individuals used to speak meaningfully about variations in personality, means of speaking frankly about main features without getting lost in details.

The Instinctual Variants

The Instinct Variants suggest which of your three basic instincts was most skewed during your childhood, this results in characteristic worries and actions through the whole personality type range.

Besides the two wing subtypes for every single point of this Enneagram, you will find three Instinctual Variants for each type, indicating the different aspects of life for which each kind's particular concerns will likely be focused. An individual's dominant instinctual variant represents the arena where the issues of their type are going to be most frequently played out. In the same way all nine Enneagram types operate in us, so do all three variants, although much like type, one of these brilliant Variants will predominate.

The three (3) instincts could be ranked like the layers of a cake most abundant in dominant instinct on top layer, another at the center, and the least powerful instinct on the bottom. Further, this is done without knowing

the individuals Enneagram type; the instincts are clearly defined and observable in their own personal right consequently they are a variable that functions in dependently of type and are not therefore a real "subtype."

The instinctual variants are derived from Three main instincts which motivate human behavior: The self-preservation instinct, the social instinct, as well as the sexual instinct. So, each form of Enneagram has three variations in line with the three possible dominant instincts. for instance, a six could possibly be a self-preservation six, a social six, or a sexual six, and each among these sixes might have a noticeably different collection of concerns.

An individual can therefore be described as a mix of a fundamental Form, hand, and predominant instinctual variant—for example, a self-preservation one with a two-wing, or a sexual eight with a nine-wing. Since instinctual variants and wings are in a roundabout way related, it will always be much incredibly easier to examine a type through either the "lens" of the wing or perhaps via the "lens" regarding the dominant instinctual variant.

However, combining both of these separate frames of reference produces six variations for each type, with a total of fifty-four major variations into the entire Enneagram. Taking this dimension of personality into account might be a finer degree of detail than many people call for, nevertheless The Instinctual Forms for Transformation are necessary. The instinctual variants are noteworthy in a similar way simply because they play a key role in relationships. People of the same variations prefer to share values and also to understand each other, whereas couples of different Variants (for example, self-preservation and sexual types) will are apt to have more conflicts because their fundamental values are incredibly distinctive.

Variant of Self - Preservation

That instinctual variant can certainly be identified by most people. Types of self-preservation are obsessed with the acquisition and preservation of physical protection and luxury, which frequently results in issues about food, accessories, finances, shelter, and physical wellness. These problems are their first priority, as well as in pursuing them, the areas of the lives may suffer.

As an example, This instinctual variability, we should classify ourselves or others by observing what a person would first notice on entering a space. self-preservation types tend to concentrate on the comfort associated with the environment.

Do the environmental surroundings support their feeling of well-being? They've been quick to note and react to Inadequate lighting, or sleepless chairs, or to be dissatisfied utilizing the room temperature, and they're constantly adjusting these specific things. They could wonder when their next meal or coffee break can come, worry if there will be enough food, or if it is the sort they like, or if perhaps it's going to match their nutritional needs. Once this instinct is working harmoniously along with the personality type, these individuals might be down-to-earth and practical.

These individuals use their energies to tending to basic life necessities—a protected place, shopping, keeping the home and office, paying your bills, and obtaining helpful skills in order that the organized movement of life will never be interrupted. However, if the personality becomes unhealthy, it distorts the instinct, causing ill individuals to take poor self - care, likely developing eating and sleeping problems. They could stock up on way All those things, more than, too many to buy, too much to purge Of most kind of needless "baggage". Much fewer safe forms of self - preservation physically let themselves go, or perhaps these individuals end up being obsessive concerning health insurance policies and food matters, or both.

More deeply, their normal usefulness and economic perception can get distorted, leading to problems with money and organizing their affairs. If the desire for self - preservation is completely overwhelmed by problems of personality, individuals may take part in deliberately self-destructive behavior, where the instinct has got the aftereffect of turning against itself.

If the other two instincts dominate in a person and the Self-preservation instinct may be the slightest developed, dealing with the fundamentals of life doesn't come effortlessly. It does not always happen to such individuals that they should eat or even sleep very well. Ecological factors will undoubtedly be fairly insignificant, and they'll tend to lack the drive to amass wealth or property—or even to value any such matters. Time as well as resource administration will for the most part be overlooked, usually

with significantly damaging effects with their own careers, social life, and material well-being.

The Social Variant

The majority of us realize we've got a social element, but we tend to visualize it as our wish to interact, to go to events, conferences, participate in groups, and so forth. The social instinct, however, is obviously something a great deal more fundamental. It really is a robust desire, found in all human beings, to be liked, approved of, and also to feel safe with other people.

On our very own, we have been rather weak and vulnerable and certainly will effortlessly fall victim to an unfriendly environment. We don't have the claws, fangs, and fur of other animals, and in case we didn't band jointly and collaborate collectively. It's improbable that our types — or we as people today — would have the ability to survive. To be able to adjust ourselves to others and become acceptable is a simple, survival-based human instinct. Those with a dominant social instinct are concerned within their environment with being recognized and required.

These are generally focused on maintaining the sense of value they get from taking part in events with other people, whether family, company, neighborhood, domestic, or global activities. Social types prefer to feel involved, and so they enjoy interacting with others for common purposes. On entering a room, Social types will be immediately conscious of the ability structures and subtle "politics" between the differing people and groups. They've been subconsciously centered on others' reactions to them —particularly on whether they are being accepted or perhaps not.

They truly are attuned to the notion of "place" within a Hierarchical social structure, with respect to both themselves and others. This could certainly be seen in a variety of ways, such as seeking Attention, achievement, recognition, respect, honor, leadership and appreciation, plus the security of being part of something larger than themselves. Of the many instinctual variants, social types like to understand what is being conducted within their world; they must "touch base" with others to feel safe, alive, and energized. This might range between a pursuit in workplace politics or even community chitchat to global news and intercontinental diplomacy.

We will admit that the Social instinct is some form of relevant intelligence: it offers us the capacity to see our hard work and their impacts in a more comprehensive context.

Generally, social types love getting together with people, although ironically, they tend to avoid intimacy. As with every regarding the instincts, in case that individual turns out to be unhealthy, the instinct is experienced as the opposite. Could become unhealthy social styles completely unsociable, detesting people and resenting social group, and for that reason, they could have Failing social skills. They hate and are distrustful of others, and should not be people mates, while at the same time they truly are struggling in order to withdraw off their social associations.

Briefly, social types concentrate on interacting with individuals in many ways which might build their individual worth, their feeling of achievement, as well as their security of place with other people. If the other two instincts dominate in a person while the social instinct is the least evolved, taking care of social interests and responsibilities doesn't come effortlessly.

Chapter 25
How to Analyze People
Body Language

Reading and Interpreting Body Language

Perusing body language and interpreting body language have as of late turned out to be hotly debated issues.

Amazing! It's about time we start understanding the power, influence and benefit you can bridle when you begin to ace non-verbal communication.

Be that as it may, is this the finish of the story?

There is a wide range of Gurus out there offering their courses and manuals brimming with understandings concerning what explicit non-verbal communication motions mean. The great ones even concede that most non-verbal communication can't be deciphered accurately without considering the unique circumstance or circumstance wherein it is communicated.

Is it folding your arms implies what?

Individuals folding their arms can be flagging any of the accompanying emotions:

- Uncertainty
- A chill
- Preventiveness
- Standoffish quality
- Skill

An exceptionally ground-breaking and appealing pioneer will now and then cross his/her arms to lessen the gathering space they are taking. This motion can energize other increasingly tentative members to convey what needs be more readily. In any case, it gets progressively convoluted.

Shouldn't something be said about an unreliable individual who feels a chill yet additionally needs to show up detached?

What Do Their Crossed Arms Mean?

There is by all accounts a massive bit of the Body Language Puzzle as yet absent.

Consider the possibility that this is the place acing Conscious Body Language comes in.

Honestly, you can figure out how to detect (as in measure and think about) every single signal and smaller-scale articulation, yet so can a biometric PC... Without building up a sense, (as in sentiment) of what's going on in both yourself and the others included you may even now miss the point. Results can occur without much of a stretch range from a lost deal to lost trust to a youngster's messed up heart, even though the book says you are right.

Building up your capacity and your instinct to "feel" the unique circumstance and surface of the non-verbal communication being communicated opens up an entirely different component of potential outcomes. This includes finding "The Issue in the Tissue". Consider the possibility that this is the missing connection to how we as people can more readily impart, relate and thrive together.

For No Particular Reason
Think About a World without Interruption.

Consider the world where we, as a whole, are raised to detect and regard every other individual limit a reality where we figure out how to ask consent before we enter them. We are as of now doing it increasingly more on the web with supposed "consent advertising". For what reason wouldn't we be able to continue growing our comprehension to incorporate doing this with each other face to face?

Detecting the Language of The Body Face to Face

You have additionally most likely previously made sense of that we people don't generally respond, react or carry on similarly. Knowing the frequent cases of what certain non-verbal communication motions mean will ultimately help put you in the ballpark. However, without counselling

the very time-touchy manual for only that individual remaining before you, at this very moment, how might you be sure you have discovered the right elucidation? The way toward finding the correct page at the ideal time in your manual and afterwards coordinating that with the right page in your audience's manual is no simple assignment. That is the place a couple of our Sensational Soft Skills can come in extremely convenient, for example,

- Being available
- Breathing to motivate
- Tuning in with every one of your faculties
- Detecting and confiding in your instinct more
- Being open, curious and powerless
- Recognize contemplations and emotions from your head, heart and "gut."

Regardless of whether you are driving others, selling or displaying something, serving clients, building up a group, or merely attempting to feel much improved, be a superior parent/companion, utilizing cognizant non-verbal communication to enable you to comprehend what's happening will help. Every one of these delicate aptitudes can improve the majority of the non-verbal communication courses and preparing you have taken. Together they can help open up to new measurements in personal correspondence.

The Art of Interpreting Body Language

He truly is that occasionally, what individuals state is not quite the same as what they are thinking or feeling. It works the other way, as well. Your body language impacts what other individuals consider you, so you would prefer not to send an inappropriate sign.

We, as a whole, use non-verbal communication signals to re-authorize what we are stating and how we feel. Regardless of whether non-verbal communication stances are made intentionally or automatically, they will come in general back up the qualities (and shortcomings) of our characters. In this way, it is imperative to recall that while we are perusing the body language of others, they are deliberately and unwittingly reading our body language flag also.

Raising Red Flags

A large number of the emotions we get when making decisions about individuals are an appraisal of the individual at a subliminal level. How we translate an individual's non-verbal communication assumes a significant job in the sentiments we figure about others. On the no chance that you have ever wondered why you question somebody whom you don't generally have the foggiest idea, there is likely something in that individual's body language, which has raised warnings.

In any event, when we utilize willful motions as we speak with others, we should use non-verbal communication that feels normal. You would prefer not to fall off to others like you have practiced the discussion. Any cognizant exertion that you put into your non-verbal communication ought to be in staying away from motions, which may send others antagonistic messages about your character. Fortunately, the proper non-verbal communication naturally kicks in on the off chance that we attempt to act naturally. The key is to be confident and loose. If you feel good with yourself, other individuals are probably going to feel great in your quality.

Individuals who send off positive body language sign stroll with their heads up and shoulders back. The erect stance is an indication of certainty. Individuals are bound to believe you on the off chance that you hold watchful gaze contact when occupied with discussion or dialogue. At the point when you walk or sit, keep your arms loose at your sides and the palms of your hands open. Other individuals normally decipher these stances as a sign that you are agreeable and they can confide in you.

Meeting for The First Time

When meeting somebody just because, be sure not to take an impassive or cautious stance. If standing a specific way makes you feel increasingly confident, take the position that feels great to you, and you will put on a show of being showing up progressively confident. You need to attempt to make yourself look greater by taking into more space around you. This will cause you to show up increasingly sure and essential to other people.

Giving individuals a certified grin is probably the ideal approaches to make them feel great in your quality. In any case, you need that grin to

spread past your lips with the end goal for them to accept that it is genuine. A comforting smile goes far at comforting other individuals. On the off chance that your smile appears to be anxious, it will most likely have the impact of making other individuals feel apprehensive, as well.

On the no chance that you warmly greet somebody, the handshake ought to be firm, not feeble. You need individuals to get the message that you are sure and genuine. In any case, be mindful so as not to shake an individual's hand excessively hard, or she may get the feeling that you have a dynamic character. While you need to seem self-assured, you would prefer not to appear to be being bossy or tyrannical.

You likewise need to ensure that you are welcome before coming that nearby into a person's close to home space. This is simpler on the off chance that you know the individual. As we become more acquainted with individuals, we start to disguise a large number of their typical body language designs. When we become acquainted with someone else's ordinary conduct, we are increasingly talented at watching changes in that person's disposition or frame of mind.

At last, even how you inhale can exhibit positive non-verbal communication. Taking moderate, full breaths can make you feel less on edge. This is particularly significant on the off chance that you are with somebody whom you have met just because. As opposed to looking as though you are apprehensive and tense, you need to seem without a care in the world. Quiet taking in itself calms strain.

Reading the Eyes

At the point when you are perusing body language, it is additionally critical to focus on the eyes. An individual's eyes can disclose to you a ton about somebody. You need to look not just at the headings their eyes are going, however the size of their students, and the course the eyes may look in.

At the point when an individual looks into, it is a sign they are thinking in pictures, as it were. At the point when an individual seems towards their ears, it is a sign they are contemplating a sound. At the point when an individual looks towards the ground, it is a sign they are feeling something.

Likewise, focus on the course their eyes are moving in. At the point when an individual looks to one side, it might just mean they are getting to the rationale part of their cerebrum. You can infer that if an individual is looking to the upper right, they are recollecting something they have seen.

If an individual looks towards their ears, and to one side, you can accept they recall a sound.

On the no chance that an individual is looking downwards, and to one side, they are recollecting an inclination, or it is really how they feel about the subject that is being introduced to them (looking to the correct methods they are getting to the rational part of their brain, which may likewise mean they are getting to a memory, and looking down ways they are getting to an inclination).

It is additionally accepted that an individual that looks to one side is lying since they are getting to the "imaginative" some portion of their mind. Be cautious; don't hop to any ends when you are perusing eye developments. In actuality, when somebody looks to one side, it doesn't generally show they are lying.

At the point when you are perusing the eyes in body language, you likewise need to focus on other non-verbal prompts.

At the point when you are perusing non-verbal communication, consider it like examining words in this sentence. A single word may have less significance than if it was assembled to make a sentence.

The timeframe somebody takes a gander at you while in a discussion can have importance too. At the point when an individual gaze, it can mean hatred, that they like what they are seeing, they want the discussion, or perhaps they are stuck inside their head someplace. How might you determine what's new with these various gazes? You can tell not just by perusing their other non-verbal communication prompts and tuning in to what they need to state. However, you can likewise tell by reading their understudies.

What can an individual's students let you know? First, you should ensure they are under a light that isn't too splendid, and not to diminish. The lighting can influence their eyes. Next, you should ensure they are not

affected by any medications or liquor (this also can change the size of their students.

Conclusion

Each of us is guided by one specific thing that determines our lives: the subconscious. This plays a significant role in deciding how you're living your life. Think of it as an invisible compass which can even make important decisions for you. Take decisions often and assume that our decisions are of our own making, but in fact that is not true. Some of the decisions that we make in life are a product of our subconscious conditioning. For us, our brains make choices based on our core values, our expectations and the kind of environment we grow in. This illustrates the concept of good and bad, and how we respond to situations as they arise.

You have to have an idea of things which make you happy. You know some things you 're trying to avoid, because they're making you sad. Even with this experience, you will still find yourself still in unfamiliar territory, unable to decide why you are upset by certain circumstances.

The Enneagram helps you answer important questions that you may have struggled to find answers to before. From the personality types you can identify the features that best align with your life based on your daily decision - making habits. What's left over from your life? What is the one thing that drives you to work hard or to hide in a corner from the rest of the world? We ask ourselves a lot of personal questions that make a big difference in our lives, but our inability to answer or understand them is what holds us back. These are the answers that let us define our personalities.

Most people believe that when they grow older or when they are more mature they develop personalities and have started to interact with different environments. This is not valid however. Their personalities start to form from their early childhood and are a feature of many things that happen in the world around us, from our relationships with the people we love and the activities we are exposed to, to the lessons we learn in school and the communities in which we live.

It's your realization of your own imperfections that bother you when you grow older, because you become wise enough to realize the differences between yourself and others. You notice that people do things to you

differently because you become more aware of the different methods that you use to do the same. In general, your personality reflects your nature, manifesting itself through a collection of all the experiences that you have experienced in life.

Why use the enneagram to discover your personality type? The enneagram is an elaborate method that has been in use for hundreds of years. The results are irrefutable, and the process is credible. Within yourself, there are nine personality types which manifest in different ways. Of the nine, the most dominant one is the one that most defines your personality, but this does not mean that you will not experience the others. You will experience them but in more subtle forms. Depending on the circumstances, you might also experience a heightened expression of some traits, which align with a different personality type than the one you most associate with.

Learning about your personality types is an important step on your journey towards self-awareness. The lessons you learn reveal a lot of truths about your life that you previously had no idea about. Many people are unaware of their insecurities, so they go about life, avoiding them altogether or faulting others around them when they cannot explain what they themselves are going through.

This book guides you through each of the nine personality types so that you know what to expect. There are general characteristics that define each personality type. These might not give you much in terms of direction, because they share a lot of similarities with the other personality types. However, they are a good starting point. Each personality type is further classified into the different ways your behavior will manifest, such as in your actions, thoughts, and feelings.

This focus on actions, thoughts, and feelings will help you to embrace self-awareness from a fundamental perspective. It is the feelings and thoughts that we cannot explain that make our lives more difficult, as it is often easier to withdraw from normal interaction than face your fears.

What we learn as we go through the different personality types is that everyone has something that they are insecure about. Accepting this is the first step towards overcoming your fears. You can only change something

once you know what it is, what causes it, and how it affects you. Insecurities imprison us in cells of our own making. We are afraid that confronting them will be unpleasant, and since no one likes pain, ignorance is the one way that most people choose to deal with their insecurities.

Another method is projection. If you find it easier to focus on someone else rather than confront your fears, you need to take a step back and ask yourself why you can't move past it. Understanding your personality type can help you to overcome a lot of these challenges. You will realize you are bolder than you ever thought possible. There are so many opportunities that pass you by because you feel unable to break free of your vulnerabilities, but knowledge of the enneagram will help you on your quest for self-inquiry.

You have to learn to accept yourself the way you are. You are perfect even, and especially, with your imperfections. You are the best version of yourself there ever will be, so embrace that and be happy. By accepting yourself, you will be able to live a fulfilling life because you will become more aware of your inhibitions, and have plans for how to make up for them.

The wisdom behind the enneagram will also help you to understand your core beliefs and define the way you perceive the world around you. Everyone deserves a balanced life. It might not always be easy to achieve, but it is not impossible. However, you can only unlock your potential when you know what your personality type is and how you can use it to relate to people.

As you embark on this journey of self-discovery, allow yourself enough time to learn without undue pressure. What lies ahead is bigger than you could imagine. But once you start the process, you can look forward to a fulfilling, spiritually uplifting and satisfactory life.

EMPATH HEALING

BECOME A HEALER AND STOP ABSORBING NEGATIVE ENERGY. LEARN HOW TO RAISE YOUR VIBRATION BY DEVELOPING ABILITIES AND SKILLS. CONNECT WITH YOUR SPIRIT AND TAKE SELF CARE OF YOURSELF

AURORA SULLIVAN & JORDY LUNA

Introduction

If you are reading this book, I am assuming that you either know you are an Empath, you're still trying to figure it out or know someone who is. Either way, you have come to the right place to help expand your knowledge as this book contains the most up to date information available on the subject.

The very first thing anyone interested in this topic should come to understand is that this trait is part of an empath's genetic make-up. It will be with them for their whole life. It was likely inherited from one or even both parents. It is not an illness, disease or psychological disorder which can be treated by medicine or therapy.

But do not worry, you're not alone. Statistics have pointed out that around 1 in 20 people are also empaths or highly sensitive individuals. If you're an empath and have picked up this book to find a solution to this 'condition', then I am afraid you won't find one. With that said, the purpose of this book is to teach the empath exactly how to manage this trait effectively so they can reap the benefits of this gift while creating a happier future for themselves.

Along with empaths, there is another group of people who are commonly called Highly Sensitive People (HSP). For this book, these two terms will be used interchangeably. Although I do understand some believe there is a difference between the two. The knowledge in this book will work for either Empaths or HSP's. Both types possess a heightened sense of feeling. That is the basis of which this book tackles the topic of feeling and sensitivity. So, do not be put off if you have classified yourself as a different term, this book provides information and knowledge for a range of related subjects.

The main purpose of this book is to help people begin to see that this attribute is a gift to the world and not a hindrance. Unfortunately, we have never been shown how to harness this attribute and work with it. Like anything in life, when we don't fully understand something, it can leave us feeling confused or fearful.

Having grown up with this tendency, and having always felt different from others, I have encountered many lows personally. Not until I knew I needed to know more about myself and how to embrace all aspects of me was I able to harness the true strength that lies in becoming an Empath. Now I see it as a rare gift, something that many people have not and can't have. Learning how to use this attribute has allowed me to have better relationships and appreciate them as I can better understand others without getting caught in their emotions (something I have struggled with most of my life).

This title will start by looking at empaths and the problems they face in greater detail. With these new understandings, we are able uncover emotional pain from years of living in this way. This wounding must be healed first if we are to move forward and positively impact the future of our lives. Here we will look at various methods of healing and overcoming past traumas. Along with this, the book contains a survival guide about all the tools empaths have at their disposal to be able to function at their best, while keeping anxiety, negativity and fear at bay. Many of the practical exercises in this book have been broken down in easy to understand chucks which can be implemented almost immediately.

The other facets empaths and sensitives must deal with are overwhelming environments such as crowded places and the energy of the planet. With so much negativity in the world, empaths must find a way to rise above it. In our inner journey of learning how to conquer and harness this natural feeling ability, we become accustomed and prepared to help tackle the problems people are facing in our world. An empaths life mission therefore, is of the highest purpose. Never forget this, it’s this very reason that will help keep you strong!

Chapter 1
What is an Empath

The term ‘empath' is one that has become more commonly recognized in recent years for several different reasons. Most people probably know the term from pop culture sources, such as TV, movies and even literature. There have been numerous fictional characters to receive the moniker ‘empath.' However, the accuracy of their portrayal is a matter of debate. Another reason why many people are familiar with the term is an increase in the popularity of personality tests. While some of these tests focus on personality traits as defined by psychology, others focus on other traits, such as psychic abilities, spiritual paths and the like. It is among these personality tests that the empath name is used to define a specific type of person, namely someone who is highly in tune with their intuition. Needless to say, how an empath is defined differs widely from one source to another, leaving the average person asking the simple question, "What is an empath?" This part will address some of the common misconceptions of empaths, while also presenting the basic characteristics that make up what an empath truly is.

Popular Misconceptions of An Empath

Empathy in popular culture covers a whole variety of attributes, skills and character traits. While several of these representations are positive, others are overly exaggerated, if not false and unrealistic. It is fair because most films, TV shows and books are more interested in making entertaining, sexy characters rather than investigating a real-life empathy 's true make-up. It is therefore important to consider the difference between the empathy of pop culture and the one that exists.

The first misconception is that an empath can read minds like you would read a book. This notion gained significant popularity with the character Deanna Troi from Star Trek the Next Generation. In the show, Deanna Troi came from a race of empaths known as Betazoids. Members of this race could not only read minds, but they could communicate with each other telepathically as well. Deanna was only half Betazoid, however, meaning that her powers were only half as strong. Ironically, she was only able to

sense strong emotions due to her mixed heritage, which makes her more of a true empath than the show's depiction of people who are telepathic.

Another misconception in pop-culture is that empaths somehow completely understand their ability and fully know how to use it. All too often an empath will not only sense danger, but they will know that what they are feeling is a warning, not merely a reaction to the environment, something they heard or even something they ate. Even when they are in the midst of a conversation or an event, they are actively engaged in they are able to easily distinguish between the emotions of others and their own emotional experience. Furthermore, they always know the exact meaning of the emotional red flag they are receiving, making it seem as if the universe was whispering in their ear. Unfortunately, this isn't how it works.

Some characters take the intuitive capabilities of an empath to a whole new level, going as far as being able to foresee future or faraway events. This can be seen in Star Wars, where Jedi Masters ‘use the force’ to assess a situation on an intuitive level. Needless to say, being able to sense far off disasters, know when the bad guy is in town or any other similar scenario is a real stretch at best. What is ironic in this instance is that Han Solo more accurately portrays a true empath when he says his iconic line “I have a bad feeling about this.” While there is a great deal of debate over just how far a person’s empathic abilities can go, the bottom line is that the average empath relies solely on whether a choice or situation feels good or bad.

Finally, there is the fanciful idea that all empaths have mystical personalities, speaking in riddles and hearing the voice of the universe in all living things. Needless to say, this isn't really the way it is. That isn't to suggest that there isn't at least a kernel of truth to this depiction, however, merely that it is so exaggerated as to be virtually unrecognizable from reality. The bottom line is that you may never realize that a person is empathic by their overall personality since many appear as normal as anyone else. Empaths who are more in tune with their emotions may seem more mystical since they are more inwardly focused than the average person. Alternatively, they may seem less mystical and more self-absorbed or even just detached. Thus, the idea that empaths have their own language and recognize each other by their aura is complete fiction and should be recognized as such.

The True Nature of An Empath

Just because the pop-culture depiction of empaths is exaggerated and fantastic doesn't mean to suggest that empaths aren't actually something to be admired. The fact of the matter is that a confident, well-functioning empath is someone who stands out from the crowd, not only in terms of personality but also in terms of ability. Although empaths need to use spoken words to communicate and they don't hear the voice of the universe as such, they still possess certain skills, which can make them seem otherworldly at times.

One ability common to empaths is that of being able to get an accurate first impression of a person. This is a skill that just about anyone would pay good money to acquire. While it may not be as flashy as telepathy or predicting the future, it can go a long way to avoiding getting taken advantage of by would-be con artists and the like. The biggest problem with first impressions is that most people try to 'impress' you when you meet them. They will be friendlier than normal, more poised than normal and will leave you believing that they are capable and trustworthy overall. Empaths, however, are not so easily fooled. Rather than relying on the physical senses to determine a person's character, empaths use their intuition. This means that they see past the words a person says, sensing what lies beneath.

This leads to another real aspect of empaths ─ trust issues. These aren't the usual trust issues between one person and another, rather they are the issues faced when an empath's intuition is telling them something completely different from what their rational mind is telling them. First impressions are a great example of this conflict. Again, most people put on their best appearance when meeting someone for the first time, and this can make them seem super friendly, highly reliable and generally very decent. While this can fool the intellect, such a show can never fool intuition. As a result, an empath can get two first impressions of a person, the one they think and the one they feel. The challenge is in believing the intuitive impression. After all, it's very difficult to trust a bad feeling about a person who appears completely safe and good. Subsequently, many empaths struggle with trusting those feelings that defy outward appearances.

Another common skill among empaths is the ability to sense the energy of a situation. At first this may seem like something from pop-culture; however, it actually makes more sense when you examine it closely. The main tool that an empath uses is their intuition. This intuition can sense the emotions of another person, making them as real as the empath's own emotions. That said, any situation contains a particular energy of its own, made up of the energies of all people involved in the situation. It's a bit like noise. A single person speaking will make a certain amount of noise, noise that your ears can easily hear. Likewise, a crowd of people talking will make similar noise, albeit louder and more chaotic due to how many conversations are going on.

Nevertheless, your ears can easily hear that noise too. Energy acts in the very same way. An empath can sense the energy of an individual, as well as the energy of a situation. In this way, they can sense when a situation is negative in any way, such as dangerous or potentially sinister.

In the end, an empath is simply someone who has a more heightened intuition, which enables them to perceive things that the physical senses cannot perceive. While this may seem mystical and otherworldly to some, it is a commonplace for those with the ability. Although this ability can have many positive applications, the sad truth is that it can cause as many problems as it can potentially solve. Thus, as well as being highly gifted, empaths are usually quite conflicted, making their lives extra challenging as well as extra special.

Chapter 2
Scientific Understanding of Empathy

Empathy is more specifically about being sensitive to subtle energy. But what is this energy? It should be noted that this is more than the formula given by Albert Einstein. Rather, energy refers to everything. Yes, conventional science has already proven that everything is composed of energy; even emotions are made of energy. When you are an empath, you need to learn how to deal with this energy.

This energy is nothing new. It has been recognized and studied since ancient times. It is known by different names, depending on the place and culture. For example, in China, this energy is known as chi. In Japan, it is referred to as ki. In Greece, they call it pneuma. However, all these terms refer to the same energy, and it is the energy that permeates everything and with which everything is created. It is also worth noting that this energy does not die, but it can only be transmuted from one state into another. Energy is also present everywhere. There is energy inside you and all around you. Hence, there are a few people who go so far as to claim that energy is also God.

It should also be noted that energy changes, which means emotions also change. This is understandable, for example, you may be sad for one moment, and then happy In the next. The same principle applies when you deal with people. You can expect some changes in the quality of energy. As an empath, you need to learn how to be flexible enough and deal with varying energy degrees. As already mentioned, even emotions are energy. Hence, as an empath, you should have a good understanding of this energy. The best way to learn more about this energy is to have a direct experience of it through your senses. Therefore, it is only proper that you learn how to feel and see this energy.

How To Feel The Energy

The following exercise will allow you to feel the energy with your hands. The steps are as follows:

1. Relax.

2. Place your hands in front of you as if you were holding a ball.
3. Slowly take a deep breath. As you do, slowly move your hands apart.
4. Exhale slowly. As you do, bring your hands close together as close as possible, but be careful not to make them touch.

Repeat steps 3-4 as needed.

By doing this exercise, you will be able to feel the energy with your hands. If you are just starting out, it might take you several minutes before you feel anything. In fact, you might have to do this several times before you notice its effects. Energy usually comes in the form of heat, pressure, or you might also feel a tingling sensation on your hands. If you feel any of these, then that is most probably energy that you are feeling. Now, it should be noted that everything has an energy field. This energy field is what is known as an aura. It is a field of energy that surrounds everything – humans, animals, plants, and even inanimate objects have an aura. In order to make good use and test this exercise, you can try to feel the aura. After sensitizing your hands by doing the exercise, you can try to feel your own aura. Simply place your hand above your forearms and slowly move closer to it. You will soon feel some pressure or warm sensation. This is your aura. You can also try to feel the aura of another person. Simply stand a few feet from the subject with your hands facing outward. You can then slowly move towards your subject. You will soon feel your subject's aura on your palms.

There are several layers of the aura. A human aura is known to have four main layers: the etheric aura (the aura closest to the body), mental aura, emotional aura, and the spiritual aura. In psychism, the practitioners sense the aura of a person to help in treating diseases. It is believed that illnesses first manifest in the aura before they manifest on the physical body. The aura of a person also reflects their state of mind and emotional state. Hence, by learning how to read and sense the aura properly, you can be a more effective empath.

How To See The Aura

You might also want to learn how to see the aura. Auric sight is one of the fascinating skills that you might want to learn. It will be able to help you understand a person more effectively. There are two main ways to see the aura: physically and psychically.

It should be noted that there should be nothing strange about physically seeing the aura. It is believed that everyone used to see their aura when they were young. However, as people grow, they tend to give more focus on gross material objects that they forget how to see the aura. The good news is that with enough practice, you can teach yourself to relearn how to see the aura. The steps are as follows.

For this exercise, you will need a neutral background. It is recommended to use a white background. The place should also be dimly lit. Some people even prefer to see the aura when it is pitch black dark. Now, I want you to relax. Put your hand out in front of you against a neutral background. Look at one of the fingers. Now, you need to do what is known as a soft focus. This is where you will look at your hand using your peripheral vision. You need to learn to focus lightly as you do this. If you do this as you relax, you will be able to see a faint light emitting from your hand. This is your aura.

In the beginning, you might only see a white field of energy. If you practice this exercise long enough, you will be able to see other colors. Other common colors are blue, red, and yellow.

You can also use this technique to see another people's aura. The key is to be able to see using your peripheral vision. Now, there is something that you need to take note of regarding the color of an aura. You should keep in mind that the color of an aura is subjective. In one experiment, different clairvoyants were gathered, and they were asked to look at the aura of a person. Surprisingly, they have different colors. At first, it seemed that they were just making things up, but a careful study revealed that it was due to the fact that the color that a person would see when looking at the aura is subjective. As an empath, you need to learn what certain colors may mean to you. For example, the color red may be interpreted as anger, but others may see it as love. It is up to you to find out what certain colors may mean to you. You should use this technique and observe the aura of people around you, as well as when you see them having different emotions. This way, you will know just what certain colors may mean. This is an effective way to

help give you a signal if a person has good or negative energy. Indeed, being able to see the aura and understand the quality of energy and state of mind that it signifies can help you know if you should avoid certain people.

Now, let us move on and discuss how to see the aura psychically. For this exercise, you will need to have a well-developed intuition. The steps are as follows:

Look at a person. Now, just memorize whatever you see about the person. Memorize their face, clothes, and others. Now, close your eyes and visualize the person in front of you. Tell yourself that you want to see the person's aura. In your mind's eye, the aura of the person should gradually appear. Take note of it and try to interpret it.

This technique usually takes practice to learn it well. It should also be noted that when looking at an aura, whether physically or psychically, it is important to notice not just the color but also the shape of the aura. Last but not least, do not be discouraged if you fail to sense/see the aura on your first few attempts. Just keep on practicing and remember that feeling and seeing the aura is normal, especially if you are an empath.

How to Protect Yourself from Energy Vampires

Empaths are more exposed to energy vampires. What are energy vampires? Well, they are those who suck energy from you like a parasite. You are probably familiar with the experience of feeling drained after talking to a person. This is an excellent example of energy vampirism. This usually happens when you interact with a negative person. The reason for this is that those with low vibration absorb energy from those with a higher vibration. Low vibration is characterized by those with negative energy, while a high vibration is characterized by positive energy. This is why when you interact with a negative person. It is you who will most likely feel drained. The good news is that there are preventive measures that you can take to protect yourself from these so-called energy vampires. Of course, the first thing that you will want to do is to avoid negative people, or at least stay away from them while you are still learning to take control of your empathic ability. Now, if engagement with a negative person is unavoidable, then you can use a defensive technique by creating a wall

between you and the negative person. This way, you would not be too attached or connected to them. The steps are as follows:

While you are interacting with the negative person, visualize a wall between you and the person. Know firmly in your mind that no negative energy can ever pass through this wall. This wall is very strong and effective. Do not doubt its power.

Another thing that you can do is to be in control of the conversation. A negative person will not be able to transfer or communicate to you their negativity if they have no opportunity to do so. So, try to be the one to lead the conversation. Another preventive measure that you can do is to create a bubble shield.

It is good to learn to be familiar with seeing and feeling energy since, as an empath, you are dealing mostly with energy. Although it is energy in the form of emotion, it is nonetheless still energy. The more that you understand energy, the more that you will be able to understand the people with whom you deal and interact with.

Empathy relates to emotions while emotions are made of energy. Now, a common mistake is only to be sensitive to other people but insensitive to one's self. When you notice that you are already being affected and that it is already giving you a hard time to control the emotion/energy, then you should step back and take a break. Unfortunately, some empaths recognize this when it is already too late – when the energy/emotion has already affected them. This is why you need to be more sensitive to energy. Do not just feel them, but also pay more attention to the emotions that you pick up from other people. If it is a positive emotion, then there is no problem with it. However, in the case of negative emotion or energy, then be sure to protect yourself.

When you are faced with a negative person or psychic vampire, you should remind yourself not to be too attached.

Chapter 3
History of Empathy

A Medical Investigation of Empathy and its Origin

When identifying the things that characterize compassion and empathy, and the parts of the brain that affect those responses, we are left to wonder if it's a matter of internal wiring or discipline. Is it possible to learn how to be compassionate? Is it possible to learn empathy? Or are we born with a specific threshold for these things that cannot be surpassed, no matter how many experiences and life lessons we have?

If there these can be learned or affected over time, are there daily habits, exercises, or regimens that can stave off or change selfishness, narcissism, sociopathy, and psychopathy? Are there daily habits that can reinforce or strengthen these conditions as well? If we can teach our children to think and act with compassion and empathy, then we owe it to future generations to do so.

In October of 2013, a study was done on the neurobiological roots for specific behaviors. This study by the Max Planck Institute for Human and Cognitive Brain Sciences discusses how the neurobiological roots of the feelings and experiences one has had can affect one's capacity for both empathy and compassion. In September of 2013, a study that had been done by the University of Chicago shed light on the neurobiological roots of behaviors indicative of psychopathy. In tandem, the information we get from the premises of these two studies offers key clues for ways in which we can reinforce and improve empathetic and compassionate responses on a neural level. From these two studies, researchers learned that empathy and compassion could be learned.

In that first study mentioned above, conducted in October of 2013, the Journal of Neuroscience reported that Max Planck researchers concluded that the inclination toward egocentric behavior is innate in human beings. Immediately following this conclusion, however, was the conclusion that one has a part of the brain that identifies a lack of empathy and forces a course correction in such cases that are influenced by one's egocentric behaviors and thought processes.

The part of the brain we have to thank for our humility in such cases is known as the right supramarginal gyrus. In situations in which the right supramarginal gyrus doesn't kick in, or in cases in which it doesn't have the opportunity to do so (quick thinking and snap decisions), researchers found that the presence of empathy in such decisions was dramatically reduced. This portion of the brain is responsible for the analysis of emotion and helps us to make a distinction between the emotional state imposed by our own thinking and circumstances and the emotional state of someone else. This portion of the brain is responsible for both empathy and compassion.

The supramarginal gyrus, a portion of the cerebral cortex, is located right about at the junction of the parietal, temporal, and frontal lobes. Claus Lamm, one of the authors of the paper written following this study, explains, "This was surprising, as we had a time-parietal junction in our sights. It's more situated in the front of the brain."

The team of researchers taking the reins on this study was led by Tania Singer and had this to say: "When assessing the world around us and our fellow humans, we use ourselves as A yardstick and appear to impose our own emotional state on others. And though cognition research has already examined this phenomenon in depth, nothing is known about how it functions on an emotional level. It was assumed that our own emotional state could distort our understanding of other people's emotions, in particular if they are completely different from our own. But this human egocentricity had not been calculated before."

The right supramarginal gyrus is the part of the brain that works to show us the differences between our perceptions of ourselves and the perceptions of others. During the course of the study conducted by Singer and her team, neurons in the right supramarginal gyrus were disrupted while the participants completed tasks assigned by the team. Throughout these tasks, the participants displayed great difficulty in keeping themselves from projecting their own emotions and circumstances onto others. The assessments made by participants also appeared to be less accurate when they were made to decide very quickly on something.

One of the more interesting conclusions that the study by Max Planck Institute for Human and Cognitive Brain Sciences was that those who are living a more luxurious, more lavish lifestyle tend to have a lower threshold

and a diminished capacity for empathy. When one finds oneself in the “lap of luxury,” so to speak, one finds oneself having more difficulty with empathizing with someone’s struggles, their inabilities to get by, and their hardships.

Those who have found themselves exposed to more agreeable or pleasant stimuli on a consistent basis were found to have a lower neurobiological response to hardship on those around them. This means that on a chemical level, their supramarginal gyrus wasn’t found to be functioning properly. Thanks to this, putting oneself in the shoes of another to experience what they’re experiencing is much more difficult when life is exceedingly easy for one.

The way Singer’s team tested this was by pairing their participants. Each set of participants was subjected to a perception experiment, wherein one half of each pair was exposed to stimuli that were either pleasant or unpleasant. One person would be subjected only to pleasant visual and tactile stimuli that were presented simultaneously. The other participant would be subjected only to unpleasant visual and tactile stimuli that were presented simultaneously.

In the experiment, participant A was given a soft, plush fabric to feel with her hands while she was shown pictures of puppies. When participant B underwent the experiment, she was handed a slimy substance and shown pictures of bugs and larvae. A was given the pleasant stimuli while B was given the unpleasant stimuli. The reason it was important to combine tactile and visual stimuli is that with visual stimuli only, the brain has a way of detaching itself from experience. It’s not registering any feelings to go along with the visual that’s causing disgust or disturbance, so the body is okay, and it can move on from there. By introducing the tactile element to the experiment, this immerses the brain in a situation that is either positive (enjoyable) or negative (uncomfortable). Another very important aspect of this experiment is that the participants could always see the stimuli to which the other was subjected. Participant B could see the puppies on A’s screen and the plush fabric in her hand, and vice versa.

In order to gauge the empathetic response from both sides, part of the experiment also focused on the subject of commiseration. This would come about by subjecting one participant to one set of stimuli that were

unpleasant, whilst simultaneously subjecting the other participant to another set of unpleasant stimuli. This gave the participants a chance to see the same nature of experience from a different perspective.

In the experiment, each participant was asked to give a short assessment of their own emotions in comparison to those of the person sitting next to them. In cases in which the participants were exposed to the same types of stimuli, the participants found it easy to assess how the other one was doing. If both participants were exposed to varying types of negative stimuli, A could very accurately assess how the negative stimuli were affecting B. The same was true of B for A in cases where both were exposed to negative stimuli as well.

The largest change in empathetic response came from the portion of the experiment, during which the participants were subjected to different types of stimuli. When one participant was given pleasant circumstances, and the other participant was given unpleasant circumstances, the participants' capacity for empathy plummeted when provided with pleasant stimuli. The emotions of the person with pleasant stimuli were causing a distortion in their perception of what the other participant was going through.

What this means is that when participant A was experiencing pleasant stimuli while participant B was experiencing unpleasant stimuli, participant A tended to underestimate the severity of B's circumstances. Their assessments of B's conditions were a good deal more positive than what B was exhibiting. In contrast to this, participant B's assessment of the circumstances and the feelings of participant A were much less positive than they were.

Historically, the assumption has been that people rely solely on their own emotions as a point of reference for empathy. However, this appears to be the case solely in cases wherein the right supramarginal gyrus isn't functioning to curtail the egocentric processes to which we are naturally predisposed. Otherwise, we must count on being in the exact same neural state and circumstances as our counterparts in order to be able to put ourselves into their shoes with no help from the right supramarginal gyrus.

From this study, we can deduce that the supramarginal gyrus is an essential part of developing empathy and compassion for the people we

encounter in life. In addition to this, we can deduce that someone who has a lower amount of activity in their supramarginal gyrus might not feel as much compassion or empathy for someone who is in a situation that is even remotely dissimilar to their own.

Now, when we investigate the neurological basis for lack of empathy, we are directed to the personality disorder psychopathy. This disorder is characterized by a lack of remorse or empathy, as well as glibness, callousness, manipulation of others, as well as something called shallow affect.

Shallow affect is when someone exhibits a very low response to emotional stimuli or situations. Things like joy, anger, sadness, surprise, happiness, and other emotions that are usually very visible, seem to produce very little physical effects on the person. They can come across as emotionally monotonous or even very apathetic about things that would generally invoke an emotional response.

Researchers who have conducted experiments on participants with psychopathy were looking for the brain's response to certain scenarios. For instance, brain function was monitored when these participants were asked to imagine someone in severe pain. The parts of the brain that are normally needed to feel empathic, concern, and compassion for others failed to activate in such cases, which affected the connected regions that are participated in emotional processing and compassionate decision - making.

One study that was done by the Department of Psychology at the University of Chicago in September 2013 may have found the neurological roots for psychopathic tendencies. This study was published in the journal Frontiers in Human Neuroscience in that same year.

In this study, when participants with severe psychopathy imagine situations in which pain was inflicted on themselves, they showed the neural response that would be considered typical for producing empathy for those in pain. Areas with increased activity included the anterior insula, the anterior midcingulate cortex, the temporal lobe, and the right brain. The responses produced in these regions of the brain were not negligible in scale. These responses were generally quite pronounced, which suggested that the psychopathic participants are as sensitive to the idea of pain as

neurotypical subjects, but that the psychopathic participants were unable to imagine themselves in the place of another and experiencing that pain for them on any sort of automatic basis.

When the same highly psychopathic participants imagined the pain being inflicted upon or befalling others, these regions failed to become active. Interestingly, when highly psychopathic participants were asked to imagine others in pain, they showed an increase in the ventral striatum. This is an area of the brain commonly active during moments of pleasure.

The tool used to determine these things was the PCL-R, which is a diagnostic tool that is typically used in a wide number of studies to determine varying degrees of psychopathic behavior.

Chapter 4
Importance of Empathy

The living human culture helps us to develop various feelings and moods as well as habits that affect us all and, in certain cases, make us behave differently. One of those attitudes is empathy, maybe instinctive, but that we are more protected by the environment we live in today with its busy pace.

People who are empathetic are better able to attract, build, and achieve rich and healthy relationships. That is, empathy can be our great ally in building relationships, whether professional or personal.

Empathy is one of the most important qualities for a successful life. It is related to the ability to have healthy and balanced feelings and to respond well to daily crises and conflicts, establishing a sincere connection with our subordinates, peers and managers. In a professional environment, empathy helps managers better communicate with their team.

Empathy is very important for professional development and growth, but care must be taken not to be overindulged when we put ourselves too much in the place of others and have difficulty separating personal and professional lives from those of others, our subordinates, and peers.

As with all our skills, empathy is partly born with us, and in another, we learn it, and it can be developed in this way. In general, more task-oriented and highly aggressive executives have little empathic capacity at some level, which hinders their relationships and compromises their results.

An Attitude That Has to Do with An Instinct

As the human being is a social being, that is, who is accustomed by nature to live with other peers, life as a whole is part of the essence that defines us and therefore it is very difficult or almost impossible to live absolutely isolated and remote of all civilization.

Different behaviors emerge in this coexistence which are also inherent in human nature, and which can be from the most sensitive and compassionate or selfish and bad. Among them, we consider empathy, the quality that makes one person feel or get excited about the other's suffering, and

understood as maybe an abstract form of solidarity. Empathy is what enables us to sense that another person is not well and thus, since the suffering in our body and soul, act to help that person move forward or at least console her.

To better understand why an individual has empathy, it is important to note that it has to do with the abilities to cultivate certain types of emotional intelligence which makes us responsive and permeable to both our own and other's suffering. While there are people who are trained and raised without the slightest interest in cultivating emotional but even cognitive intelligence, there are also people who have a strong sensitivity to what happens to others due to the way they have been born or even lived experiences, and thus display greater empathy in circumstances of pain or misery.

Why Is It Necessary to Be Empathic with Our Peers?

We all know that the societies in which we live lead us to be quite individualistic beings, more concerned with our own good than with the community good.

However, empathy is necessary to become a popular and natural attitude among us, since this will depend on a community's well-being. That's because becoming more supportive, paying attention to others, accompanying them in their sufferings, or helping them is what makes us human and enriches us as humans.

The following are the importance of being empathic that is applied directly to everyday life:

- **Solidarity:**

  It is wrong to think that this word is directly linked only to volunteer work. Looking at other's understanding of your difficulties and offering help when you need it, and when you can, is a valuable way to show solidarity. So, do not close your eyes to your friends, family, and coworkers who need your help for some reason.

- **Respect:**

Understanding that each one chooses the path they want for life and respecting this decision is fundamental for any human being. Unfortunately, this is not what constantly happens in the world, but it is not because of this that you will not act politely and kindly to anyone. Respect the lifestyle choices, religion, sexual orientation, political opinion, and so many other topics that can cause problems in discussion. If older people didn't question what is different about them, the world would be living more harmoniously today.

- **Listen to The Essence:**

Empathy teaches how important it is to listen to people in essence. This means that you listen to what the other has to say, assimilate, accept, and give your opinion respectfully. This kind of behavior demonstrates that you are concerned about getting everyone's opinions expressed in due space. This behavior is essential for a healthy debate, isn't it?

- **Learning:**

It is critical that you are constantly evolving throughout your life. For this, it is essential that you do not stop studying. Sharing knowledge with other professionals, discussing healthily, reading, studying, and pursuing complementary courses and coaching are all ways to keep you updated and evolve regularly. So never forget to invest in your continuing education and different ways of learning.

- **Collectivity:**

Collective awareness is very important in business environments as well as outside, as this is essential for a good coexistence in society. Much more than just knowing how to work in groups, the community teaches to respect each other's opinions and to include everyone, even those who have had fewer opportunities.

Did you already know all the importance of being an empathic person? If you didn't know about them yet, you are now full of valuable knowledge to apply in your daily life. Be sure to demonstrate your positive characteristics linked to the points we talk about up here. In addition to being important to your mental well-being, these items are essential for good social coexistence inside and outside the corporate environment.

Besides, people are social beings, and therefore sooner or later, every person will be in contact with other people. And just in these moments, empathy is very important for a variety of reasons:

Empathy Facilitates Communication

Empathic people can empathize with their counterparts and thus more easily understand what their counterpart wants to communicate. Of course, it still matters how exactly the other person expresses and how exactly he communicates what he wants to convey. In principle, however, it is important to accurately perceive and try to understand the other person in order to guarantee smooth communication. As a result, misunderstandings can be avoided, which helps in both the private and the professional environment.

Empathy Creates Harmonious Relationships

Empathy is particularly important in friendships, partnerships, or family relationships because, in the long run, good relationships can only be difficult without mutual understanding. Especially in conflict situations, empathy can prevent a major conflict from breaking out.

Empathic people are able to understand their counterparts, and that is the first step already done. In the next step, it is important to accept the attitudes and views of the other person - but this goes beyond empathy. A conflict could be solved very easily if all persons involved not only in their own position but also in the other. Conflict situations can often escalate if too many emotions are involved, so it is advisable to limit oneself to cognitive empathy in such situations.

Empathy can affect relationships not only in conflict situations but in general. For who uses his empathy ability to get to know his fellow human beings better and better, can see how his fellow human beings tick. What quirks does my counterpart have? How can I please my counterpart? What should I avoid in order not to upset my counterpart? All of these questions can be answered by empathic people bit by bit, thereby enabling a harmonious gathering together.

Self-Reflection Empathy

If you are empathetic and honest with yourself, then you already have two important qualities to reflect on yourself. Because empathy can be useful not only in contact with others but also in contact with oneself. Become aware of what thoughts or feelings you have yourself and ask why this is the case. Understand your own mistakes and quirks. Do not just think negatively but also allow compliments.

Observe yourself even in conflict situations. Try to go through life with a high level of mindfulness so that you can perceive more. Through empathy and mindfulness, you can change and develop yourself.

Thus, empathy helps you to interact with other people and with yourself to understand and improve your attitudes and feelings and is therefore very important to everyone. To complete the idea, demonstrating these virtues complements your personal marketing in the short, medium, and long term. This is because all other professionals will see how much you are dedicated to improving your career and others.

Also, it is important to have quality relationships with third parties; develop more respectful and healthy relationships with friends, colleagues, and coworkers. It is especially important to apply empathy with the closest relatives such as parents, siblings, and partners. From empathy, we see that in any area of daily life, we can generate healthier relationships with third parties.

Somehow, empathy also offers us the opportunity to get to know ourselves more. This is because it requires basic emotional knowledge and emotional vocabulary, generated through that knowledge of our reactions on an emotional level in various situations. This leads us to better recognize emotions in others; and use this knowledge to be able to talk with others, putting ourselves in the place of the other.

Knowing this, and everything that is known about empathy, I encourage you to start using empathy in your conversations, and you will see how you improve your relationship with others.

What Are the Strengths of Empathic Leadership?

Combined with technical skills, ability to influence by example, creativity and good communication, empathy completes a bundle of essentials that good leadership must-have. Of course, not all managers can reach this level, but it is important that they strive to bring these characteristics to life in an assertive way.

Imagine a leader who does not have the ability to look at his followers and understand their professional and personal difficulties and help them. Another bad situation is when a manager who cannot make the team is constantly evolving because he is very concerned about his position.

The above examples come close to selfishness, don't they? For that is what lack of empathy can create. An empathetic leader is concerned with seeing each team individually, respecting their professional and personal differences and taking this into account when delegating demands. In addition, it is easier to bring effective and creative advice to people in adverse situations.

Have you had empathic leadership? Unfortunately, we are not always lucky. However, you can strive to be the empathic leader of the future. Through effective tools, the method teaches more about yourself, emotional intelligence, self-confidence, humanized management, behavioral trend identification, and many other points of interest to achieve positive and personal and professional performance.

Chapter 5
Benefits of Being an Empath

This 'gift' is often seen as a curse and much of this book has focused on many of the negative traits of empaths. But this was important to help you learn how to manage and understand yourself better, so you can step into this gift and use it to its fullest capacity. Many of the so-called ‘negative’ traits are actually the positive ones as well, and they’re just viewed in a different light. It’s like a double-edged sword, with which we’re looking to effectively negate the negative effects by transmuting them into positive benefits. Empaths have had feelings of over sensitivity since birth. So, from day one, their brains have been wired up through neural connections to compensate for their natural alertness and sensitivity. Neural pathways are connections all brains make through repeated action. The more we do something, the stronger the associated neural pathways become established within the mind and through repetition, these actions eventually become a habit. For example, if you avoided eye contact with others from a young age because you felt a powerful hit of their emotions, your brain will have created the connections to avoid eye contact each time you come into contact with someone until eventually it became an unconscious habit.

For this reason, many of the behaviors expressed by empaths are deeply ingrained within their psyche via years of repetition by defending themselves. It can be incredibly difficult to change these deep-seated behaviors and beliefs. The easiest way around this is to build upon the tendencies which are already present. Building upon established neural pathways with new connections will be the easiest way to reinforce new behaviors. The first step is to own and accept this trait as a gift fully. It is the only way we can begin to harness the power it holds. For many years, I used to hate this trait. I did whatever I could to try and overcome it, wrongfully thinking that it was psychological programming that I had picked up from my mother. But in fact, it was my mother’s genetic predisposition towards sensitivity, which had been passed down to me. I then realized I was stuck with it, through this I learnt to accept it as part of myself and how to work with it.

Fighting against it leads to some difficult challenges in my life from my earliest years. I was incredibly shy growing up, I was very sensitive to pain and easily distracted which lead to anxiety in my adult life. It was only through owning this part of myself that I was able to begin functioning at a higher level. Learning how to protect myself, allowed me to find more happiness. This is what I want for you. I know how difficult it can be to be an empath, we often feel so different, so misunderstood, left out and not part of normal society. But, as I learned, we are special. You can start to understand these gifts more, by beginning to pay closer attention to yourself through non-judgment and non-resistance. For instance, I have always had an expansive aura which I hated, as I would always be noticed by others which were terrible for me since I was incredibly shy. I saw this as a negative part of myself. But as I learned to work with this gift, I understood that I could affect the energy of an entire room with my presence. People would tell me I was kind and would be grateful for my attention. They would tell me deeply personal things, from only having met them for a few minutes. Sometimes they would even comment, ‘why am I telling you this? I barely even know you’. Of course, I knew why they were opening their heart to me, it was because I truly heard what they had to say. This is a gift that should be used through your own conscious decision. You decide if you want someone to unload their issues onto you. This is only achieved through setting boundaries. By doing this, I built my self-confidence up and started to trust myself more. Animals loved me. I discovered I was very visually creative, that I enjoyed writing and that I could communicate with others in a way that I had never known. I still continue to find out new things about myself all of the time, it’s great! I genuinely believe the same is possible for each and every empath out there.

Your Talents

The ability to connect with others better, to really put yourself into their shoes and understand where they are coming from is a trait of immeasurable value. This can be used in any number of professions from sales, to medicine to therapy. People with this skill will never struggle to find work. The world needs more genuinely caring and understanding people. Empaths have a high degree of introspection. With their sensitivity, they can direct this power inward, towards themselves. This helps make them very intuitive, providing they can quieten their minds from any mental

chatter. Learning to work and trust this intuition over time, will begin to guide your life in the right direction. This sixth sense will make it easier to connect and discover your true calling in life, your deepest purpose. This can be a struggle for many people, but empaths usually have an in-built knowing about what they are capable of achieving and where their true passions lie. They may often need to develop the courage to go after their dreams but finding what they are here to do isn't usually a problem.

Healing

This is the natural ability to heal ourselves and others. To truly achieve this skill, we need to have developed and learned to separate our emotions from others. Putting ourselves into another person’s shoes while seeing and feeling what they experience is a treasure to behold. But it can be difficult to handle. Being able to understand others in this way allows us to treat them with more compassion. By picking up on their history and their hurt we are able to become powerful transformative healers. Empaths are naturally drawn to professions which involve healing others, they can have great careers as therapists and in alternative healing methods such as Reiki practitioners, hypnotherapists and such.

They can also heal through feeling another’s emotions. By getting in tune with another’s pain, they help heal the patient through a combined transmutation of their emotional trauma. Connecting to the pain in another person, allows the skilled empath to draw this pain out of them (with the intention of the patient).

They can even help uncover hidden emotional issues through sensing others' emotional blocks, then helping the person to begin working through them. In this way, they provide great guidance and help with directing inner healing. This skill is most effective if someone is stuck on a particular issue and requires guidance on how to move forward.

Telepathy/Psychic

It is generally believed that everyone has a certain degree of psychic ability, which allows us to see into past or future events with which we have no connection too. This is usually done unconsciously, with little intention. But, when it happens, it usually leaves us in awe and shock. Unsurprisingly,

since empaths are attuned to picking up on subtleties in energy, they also possess a natural talent for telepathy. They can correctly predict future events through a hunch which is referred to as precognition. Empaths can function on various levels of psychic work. These can include Mediumship which involves working with and sensing spirits. Many also have a natural ability to connect with and understand animals on a deeper level, so professions that require working with animals can give them a lot of satisfaction. Some use their abilities through a skill called Geomancy, and this is where they have honed their abilities to feel the energies of the Earth. With this sense, they can order, detect and predict water flow and the weather.

It can be frustrating trying to understand why we have this ability while looking to uncover our life's purpose. But by using your natural talents, abilities and interests as a guide, they will help take you to your truth.

Help Raise the Vibrational frequency of the Planet

Just by our sheer presence on earth we help transmute negative energies, without even knowing we are. This alone makes us indispensable. Empaths mop up the crap created by others, especially in times of huge negativity. Increasing the vibration of the planet is essentially God's work or at least a highly spiritual undertaking. We can increase our ability to do this through self-love and care for ourselves first. By nurturing all of our health we promote our natural talents and then by following our interests, the path ahead begins clear. This adds positive vibrations to the planet. If whatever you do is from a place of love, you will always find happiness. You'll notice a big shift when you start to look towards thriving in this world, instead of just being in survival mode (which is what most of us have been used to). Being brave enough to take the steps in the direction of your goals and dreams, is when the real magic begins to happen. So instead of always seeing your gifts as a hindrance, start to move into their true power. I believe empaths have a great strength because of what they have already had to endure through life, the pain and the hurt. This strength which has built up should be harnessed and used to propel you forwards to conquer new heights while positively impacting the planet.

6th sense

Empaths view of the world through their sensing emotions, feelings and energies effectively creates within them a 6th sense. If it were taken away from us, we would most probably be left feeling stuck. We would lose so much of what this gift gives us and what we also take for granted, as we predominately focus on its negative aspects. Being able to tell when someone is lying or telling the truth or being able to sense others pain and if they need healing are all forms of guidance. Sometimes our help will be dismissed which can be upsetting especially when we see another person hurting. But some people need to experience their suffering to allow them to grow and awaken so they can create a better life for themselves. It is their journey. If there were no resistance, there would be nothing to force us to grow stronger. Difficult circumstances can sometimes be seen as an insurmountable mountain, but they must be tackled head-on. Overcoming these challenges might be painful and difficult, but the view from the top of the mountain along with the inner gold you will discover, makes it all worthwhile.

Chapter 6
How to Discover and Embrace Your Empath Gift?

As you have read, being an empath is physically and emotionally exhausting, which can cause you to feel as if you don't have a gift but a burden. Feeling this burden is the first step towards embracing your gift. You will now need to learn how to look after yourself so that you can embrace your gift without feeling exhausted. This is an extremely important process and you should invest time and effort into mastering the best techniques for effective coping mechanisms. Once you learn how to cope and function as an empath, you can use your gift to better yourself and your environment.

Due to the constant feelings of overwhelming emotions and stress, you must go to great lengths to eliminate the negative energy that you can attract. The techniques that you learn should become a part of your daily routine and will open your eyes to the true value of the gift that you have been blessed with.

Even though being an empath is not a disease or a curse, it is controversial and can cause you to feel so uncomfortable that you will try to suppress it. In alcoholics or narcotics anonymous their slogan is the first step to cure is to admit that you have a problem. The same applies to you as an empath; the first step towards embracing your gift is admitting that you are indeed an empath and that you are proud of it. Although this is a small step, it will make a great difference, as you will eliminate a lot of the stress associated with hiding your gift.

For you to feel relieved from the struggles of being an empath, you must get enough rest. The most effective method of doing so is to set a regular sleep-wake cycle and do what you can to ensure that you have a restful sleep throughout the night. You should also take regular breaks throughout the day for relaxation and deep breathing exercises to rid yourself of some of the stress that has built up throughout the day. Such exercises will provide you with immediate relief.

Take care that you do not place yourself in environments that are overly stimulating regularly. It can be difficult to avoid them completely; however, you should endeavor to avoid them as much as you can. If you know that you are going to be in an overly stimulating environment, make sure that you prepare yourself emotionally and mentally beforehand. This will enable you to quickly rid yourself of any of the stress that you feel as a result of the energy that you are surrounded by.

Social media and the internet in general are extremely stimulating environments. It is advised that you often take a break from the energy that is emitted through the internet. You don't have to be in the physical presence of someone to absorb their energy.

It is also advised that you have a routine in place for stress relief. What you do depends on what you find relaxing. You might enjoy reading motivational books, getting a massage, going to a spa, using aromatherapy or taking a warm bath.

Here Are Some Helpful Tips to Assist You in Fully Embracing Your Gift

Appreciate and Honor Your State of Consciousness

Empaths often feel pressure because they are different. Being different brings many challenges because the world expects you to conform to its norms and values. When you are misunderstood by others, it is easy to take their disapproval personally and carry it as a burden. It is normal to be emphatic and a gift to be in tune with yourself physically and spiritually. I would go as far as saying that it is essential that you have this gift to survive because it puts you on high alert when danger is surrounding you or your family.

Identify the Difference Between Thought Consciousness and Emphatic Consciousness

You can observe the difference between day and night because you can see it. It is difficult to identify emphatic awareness because you can't see it. It is something that is felt and experienced on the inside. Once you can identify this difference, you will begin to see your gift as a blessing instead

of a curse. You attain self-knowledge when you know when the mind and its thoughts are dominating. Feelings and thoughts are different, and when you recognize these differences, you will feel liberated. This knowledge will give you the power to defend yourself against energetic tides instead of being pulled into them.

Trust in Your Intuition

Many empaths waking to their gifts ignore their gut instincts. Do not; your intuition is always correct. This doesn't mean you can completely grasp the emotion, or accept it. You may not have a complete understanding of the situation, but the feeling is real and you can accept the deeper contact that is going on inside.

Chapter 7
Are you an Empath?

Empaths, in the simplest terms, are sensitive individuals. However, there are so many things beyond this plain description that the world needs to understand. Things that hold the true meaning of being an empath. These are the vast grayscale that is often left blurred and ignored because the world is so used to simplifying things into either black or white. Being an empath is not a choice between black and white. It is not even a choice to begin with. You are either born an empath, or you are not.

Empaths feel people's emotions with their sensitivity consciously, or subconsciously. This means the feelings they get from other people's emotions are not necessarily under their own control. An empath can feel the emotion behind a certain person, without the need to hear that person speak. There are also times where empathic may sense the true emotion behind a distorted sound. It doesn't matter, though, if the person speaks in a cheerful tone. If he's depressed, he's going to sound sad to the empathic. When people hear voices, they feel empathic.

There are empaths who can easily read emotions through people’s eyes. There are some who can sense feelings through smell. There are even empaths who tend to refrain from eating meat because they feel like they are tasting the animal's suffering. Overreaction? No. Feelings, for an empath, come in the form of sight, sound, taste, smell, and physical contact. The ability to sense things even in the absence of an actual intention to feel them is like a built-in enhancement to all their senses.

Empaths' abilities are not limited to emotions, by the way. They can also sense physical suffering and can even have tendencies to adopt such illness. Yes, it happens to empaths. Sometimes the physical pain, aches, and fatigue are a result of absorbing too many emotions from people. Empaths are also spiritually connected to human beings. Although often misunderstood, they often have the greatest, eternal hope for humanity.

I have had people come to me in the past and ask me, “What are my abilities?” I answer them with a question; I ask them what they think their abilities are. Sometimes I get remarks such as well if I knew that I wouldn’t

ask you. Then I have to explain why I have asked the question. You see, if you already feel that you have some ability, there must be a reason why. It could be that you have seen things out of the corner of your eye, or you could have heard voices, maybe you knew something was going to happen before it happened. In any case, you have some reason for asking what abilities you may possess.

The best way to determine what abilities you possess is to keep a journal. Write down all of the phenomena you encounter, whether it be a shadow, or a dream, or anything in between. Write down everything you experience. Do this for a length of time; I recommend about one month. After you have done this, you will be able to look back and figure out what abilities you possess.

If you look back on your journal and notice that you know something is going to happen before it does, then you know you have the gift of premonition. Or maybe you dream things, and then they happen, that would tell you that you have the gift of dreaming.

The more you believe in your gifts, the more you will experience, but if you ever begin to become scared by the things you experience, you will have to learn how to stand up for yourself quickly. About seven years ago, I had just that type of experience. I was given an old antic dresser. I loved the dresser but came home one day to find the mirror had somehow detached itself from the dresser and was lying on my bedroom floor. I was not happy but cleaned it up and had a neighbor help me take the mirror to the dumpster. Knowing I had to have a mirror to get ready for work each morning, I gave the dresser to my then 4-year-old son, bought myself a new one and went on about my day.

At this point in my life, I was just beginning to really open myself up and share my abilities with those around me. I was being encouraged by my friends to explore my abilities and found myself fascinated with spirits that had passed on. I sat down that night and began watching one of the many ghost hunting shows that I had become obsessed with on the television. I watched the man on the TV as he took part in what is called sensory deprivation. As the psychic told him it would heighten his abilities, I instantly got an idea. I was going to do the same thing. I was going to prove to myself that I was not crazy and that I did have some abilities.

That night after my son went to bed, I proceeded to take part in the sensory deprivation alone, but this was a terrible idea. I suddenly heard hundreds of voices and felt spirits all around me to the point that I throw the mask off, flipped on the lights, and all but ran out of my apartment. I was terrified.

At that point in my life, I had no idea how to control my abilities, and I had no idea what I had gotten myself into. I didn't know how to stand up to spirits and ensure mine or my sons' safety. It was a lesson that was learned fast, and it was a tough lesson to learn. I recommend you learn how to protect yourself before you even begin to try to develop any abilities.

It is also recommended that if you are going to try to develop your abilities through something like sensory deprivation, that you do not attempt it alone. Always make sure you have someone with you to help protect you and to bring you a feeling of security.

If you want to find out what abilities you possess, you must first open your mind. You have to be open to the fact that you may not possess the abilities that you think you do and open to the fact that you may possess abilities that scare you.

I was always open to the fact that I had the gift of dreaming. I knew that my dreams were important and that they would happen. I had no problem accepting that. What I did have a problem with was the fact that I see things that just are not there. These things bring no message to me but are there to taught and scare me. They know I can see them, and they feed off of fear. They know when I see them, I am fully paralyzed by the fear they bring, which only makes them stronger. This is an ability I had to learn how to gain control of quickly. I had been driving down the road, having just left my mother's house, I had my children in the car, and a critical friend of mine on my mind. I was listening to music and wondering about this person when I saw something out of the corner of my eye. I turned my head and saw in the tree next to me a huge black mass. It was if time stood still, but this mass moved as fast as a cheetah. I instantly slammed on my brakes and screamed.

I was driving on a very busy interstate, and it is a miracle that I was not hit by another car. As I drove home with my children chattering over why

mom suddenly screamed, I decided at that moment I had to take control of this. Sometimes I feel like this particular gift is more of a curse, but I know there is a reason for it, and although I have not found out what that is as of yet, I know I will.

The point of that story was to explain to you, first, that you have to be open to all of your gifts, not just the ones you enjoy. Second that you have to get control over all of your gifts, or they will affect your life in ways you don't want them to. So, make sure you open yourself up and allow all of your abilities to come through.

WHY YOU SHOULD DEVELOP YOUR PSYCHIC ABILITY

Psychic awakening occurs for different reasons, and the reasons are not the same for everyone. There simply isn't a one-size-fits-all reason for this occurrence. One person's cause for opening up is different from another; however, several reasons can be considered the most common.

Some people are naturally born with a keen sense of knowing. This is the same kind of people who can see spirits. This ability can start during childhood, but as the ones who have it grow up, they suppress their abilities. However, a sudden and life-changing event can make them open up once again.

For some, awakening can happen as a result of a specific life event. More often than not, it involves a tragic incident. This includes people who were involved in accidents or who have had near death experiences.

In other cases, hypnosis can also cause psychic awakening. Going through a healing session can result in the same because healing sessions involve a flow of energy that can cause changes in a person's awareness. In any case, hypnosis can catalyze the discovery of psychic abilities.

The question now is, how do you plan to deal with this awakening? Will you choose to embrace it, or will you suppress it?

One of the most important things you have to keep in mind is that everyone is born with intuition. Everyone is equipped with what is called a "sixth sense." At this point in your life, you may have begun to realize that

you have become more intuitive. There is no reason to panic, You are not going crazy, You are okay.

Intuition is natural. You may be surprised to hear that even the greatest and seemingly most logical people that ever lived, such as the likes of Albert Einstein, were true believers of intuition. Suffice it to say, the awakening phase is something you are probably unfamiliar with, and it can feel very strange. Rest assured that it is just part of opening up. There is absolutely nothing to fear.

THE BIGGEST REASONS TO EMBRACE YOUR GIFT

Let's put it this way: parents encourage their kids all the time to develop their hidden talents. They are more than willing to invest their money, time, and effort to ensure that their children get the right training in an effort to help them reach their full potential. What if such hidden talent includes an extraordinary gift like psychic ability? Does it make a difference? It is hidden potential, after all. With the right nurturing, that gift can blossom into something wonderfully extraordinary.

Consider psychic ability for what it is an extraordinary skill. When this skill is enhanced further, it can become powerful enough to change the world and make it a better place. This is one of the best reasons for you to take the chance to develop your innate psychic ability: to help people in more ways than you can imagine. With this said, below are some of the most compelling reasons that should convince you to develop your gift.

Chapter 8
Understanding and Embracing Your Gift

Not everyone will call their empath characteristics a gift—and sometimes they might feel more like a curse than a gift. However, it is important that you work toward developing the mindset that will allow you to feel your identification is a gift. By understanding and embracing the characteristics you hold as an empath, you can use this gift to help heal people all over the world. How far you take your gift and what you do with it is completely up to you. For instance, you can use it to work in a nonprofit that helps people living in poverty. You can become a counselor and help people through some of the toughest parts of their life. You can use it to spread compassion all over the world by traveling and helping people through natural disasters, become a part of Habitat for Humanity, or establish your own charity.

Characteristics of an Empath

You have already taken a little quiz that told you whether you have the characteristics of an empath. Now, it is time to learn a little more about the characteristics. It is important to note that empaths don't possess all of the characteristics. Some of the characteristics might be stronger than other characteristics. For example, you might feel a person's emotions stronger than their physical ailments. Just because you have one characteristic but not the other doesn't mean you are not an empath.

You also need to realize that some empaths are more in tune with their gift than other empaths. If you recently learned that you are an empath, you don't fully understand what you are capable of and this can affect how strongly you feel someone's emotions or the mood when you walk into a room.

There are several characteristics of an empath, but the main characteristics include:

You Know When People Lie to You

One of the little-known traits of an empath is you can tell when people are lying to you. It might be a little gut feeling that you get or you might feel that what the person says makes you feel a little off, but you don't understand why. Another way empath know that someone is lying to them is they think it. You might think to yourself, "This person is not telling the truth" or "I know they are lying to me."

It is normal for empaths not to tell the person they know what is said is a lie. Empaths struggle with any type of conflict—and telling someone that you feel they are lying can start an argument. So, if someone tells you something and you think to yourself, "They are lying to me" and act on this thought or not, you are an empath.

You Feel a Person's Emotional and Physical Ailments

One of the first signs that people have that make them start thinking they might be an empath is they can feel another person's emotions. For example, you feel that a person is sad, frustrated, happy, excited, mad, or scared by talking to them, seeing them in a room, or when they walk by you. You can feel a person's emotion when you or the person walks into a room. You can even sense the general emotion of everyone in the room through the vibe of the room.

The feeling doesn't stop with a person's emotions. You can also feel a person's physical illnesses. For instance, you might feel when a person has a stomachache or they feel a tightness in their chest. If a person has walked into a room and you suddenly felt a headache, it can be because the person who walked into the room has a headache.

You Can Help Calm Someone with Your Healing Powers

People will ask you for advice because you have a natural healing power that they feel and don't receive from anyone else. They might not recognize or notice this healing power. But they know that they feel better once they receive your advice. They walk away feeling more positive about the situation. For example, you are sitting in your college classroom when one of your classmates sits next to you. You have only talked to them a couple

of other times and don't hang out, but you sense that something isn't right. You smile and ask them how they are doing. They tell you that they have just broken up with their partner so they are a little down. You talk to them a bit about their relationship and start to get an idea of what happened. You then tell them that if they don't have someone who will respect them as much as they respect the other person, the relationship simply isn't worth it. At first, your classmate is a bit quiet and looks to the other side of the room. They then start nodding, look at you, and say, "Yes, you are right about that. I didn't fully see the problems as a lack of respect until now."

You Notice the Mood of a Room Before You Walk In

Empaths who understand their abilities will stop and notice the atmosphere or vibe of a room before they walk in. Some people do this because they don't want outside negativity to interfere with their mood at that time. Other people do it so they can prepare themselves to handle what comes their way. For example, if they notice the general atmosphere of the room is sadness, they will note that something is wrong and prepare themselves for sad news and conversation.

You Are a Highly Sensitive Person

A highly sensitive person is someone who is often told you are "too sensitive," or you might feel this way. Highly sensitive people can have their feelings hurt easily. Empaths are some of the best nurtures in the world, spiritually open, rarely make judgments, and are good listeners. If someone told you that you need to "toughen up" because you are too sensitive or emotional, you are an empath.

You Are Introverted

Empaths are usually introverted and need a lot of alone time. Introverted means that you are reserved and you don't need to spend a lot of time with other people. You might be more comfortable staying alone or hanging out in a small group of people. Introverted people are usually considered to be shy and not outgoing. However, this isn't completely true. People who are introverted focus more on their internal thoughts and emotions, which is

why they need to spend a lot more time alone than someone who is seen as extroverted.

You Tend to Give Too Much and Forget About Yourself

Do you tend to focus on the feelings of other people over yourself? If you try to focus on your psychological health and then start to feel bad for focusing on yourself instead of your significant other, friend, or other family members, you are an empath. Empaths feel that it is their job to focus on other people because of their abilities to help and heal others. However, without taking care of yourself, you can't heal other people effectively. It is important to focus on yourself as your emotional, mental, and physical state is what gives you the strength to help other people.

Violence Is Difficult to Hear and See

If you find yourself quickly changing channels on the television or closing a YouTube video when you see violence, you are an empath. Empaths cannot handle hearing or seeing violence because of their heightened sensitivity. Hearing or seeing violence makes your stomach churn. If it's too violent, you can feel physically ill.

It is hard for other people to understand their sensitivity to violence. They will laugh or look at you funny if you quickly leave the room or you close your eyes and cover your ears, so you don't have to hear and see any type of violence. For example, you are watching a documentary on the Ku Klux Klan and its involvement in the world today. During the history part, the video shows images and short clips of Ku Klux Klan members beating African Americans. Because you are not the only one watching the documentary, you gasp and leave the room. While you are interested in the documentary, you don't want to take the chance to see more violence, so you stop watching the show completely because you know it is best for your mental and emotional state. One of your friends comes to ask you if everything is okay. You tell them you can't stand to watch violence on television. They respond by telling you, "It is hard, but it's part of history. You know how it was. It's a good documentary, and you should come back to watch it."

For most empaths, this causes them to feel guilty about not hanging out with their friends, but they know that violence is part of the documentary and cannot bring themselves to go back and watch it. Even if their friends have different views on how they should react to violence, empaths need to be away from violence. If you feel strongly that the best option for you is to stay in a separate room, change the channel, or stop reading the book, this is what you should do. While it won't always work as you might need to read the information for your class, following your heart and knowing what is best for you emotionally and mentally will help you stay psychologically, emotionally, and physically healthy.

Relationships Can Become Overwhelming Quickly

Close relationships are challenging for most people, whether they are an empath or not. A lot of effort goes into making a relationship work. It doesn't matter if you are friends, dating, or married.

Intimate relationships are especially challenging for empaths because they notice every shift within the person's mood. They notice when their significant other is not telling them the truth or if something is off within the relationship. Even if the reason your significant other is not acting like they usually do because of stress at work or within their family, it will still heavily affect you. As long as they communicate, you will understand that the problem is external, but this won't help your emotions. It won't keep you from feeling how they are feeling. You might find yourself struggling because you can't help them.

Another problem for empaths and intimate relationships is your home is no longer your sanctuary. You need to share it with another person and this can cause you to become overwhelmed as you don't know where to go to get your alone time. If you are unable to get the time you need to recharge your abilities, rid the negative energy, and recharge, you will find yourself struggling mentally, emotionally, and physically. You might start to feel depressed or notice more negative thoughts. You can become physically ill.

This doesn't mean that you should stay away from intimate relationships. There is a lot of empaths who are happily married to their own family. The trick is you need to find a balance and continue to take your alone time—

and as much as you need. This is harder when you have younger children, but by communicating openly with your significant other, you can reach this balance and find yourself living a healthy and happy lifestyle. Not every day will be perfect. Some days you will need a longer break than other days. When these days come, you must take them without feeling guilty. This is easier said than done, but you must get to a psychological state where you can take time to yourself to watch a movie and not feel guilty about it because you know it is important to keep your balance strong.

Chapter 9
Normalizing and Maintaining Your Gift

Regardless of our empathic abilities or lack thereof, we all aim to fill our lives with as much joy as possible. The empath should find that their overall level of happiness generally increases. As it becomes easier to recognize and manage the different types of energies that surround them, it will also become more comfortable to be selective and make consistently positive choices.

Still, even for those who have mastered these skills and choose to focus all of their energy on positivity, constant and everlasting joy is an unrealistic goal to strive for. We all have our blind spots, vulnerabilities, and weaknesses. Sooner or later, the empowered empath will encounter a source of negativity that they cannot (or just do not wish to) ignore, compartmentalize, or remedy.

It is in those moments, where joy is not accessible, that the empath must learn to find a way to inner peace instead. Imagine, for example, that someone you love and deeply respect has passed away. It would be ludicrous for anyone, even an empowered empath, to expect to find their way to true joy during the funerary services, or at any point within the mourning period. Whatever your views on death and the possibility of an afterlife maybe, a loss of this magnitude is always painful.

If the empath wishes to attend a wake or funeral, they'll certainly need to prepare themselves for the experience, utilizing whatever strategies they need to avoid taking on the pain of other mourners in the room. However, the empath who is focused exclusively on seeking joy may run the risk of ignoring their genuine feelings of pain, thereby distancing the self from emotions and feelings that belong to no one else. This is a dangerous practice for any empath to grow accustomed to, as it can be seductively pleasant at first. Still, much like the alcoholic who avoids the pain of a hangover by consistently consuming the hair of the dog that bit them, the empath will find that they can never outrun their own emotions, even if they

aim to shut them out in the same way that they shut out the feelings of negative people.

Balance, ultimately, is a superior goal. An empath with a strong sense of inner balance can attend a funeral, commiserate with others, and honor their sadness and process feelings of grief without being consumed by them. Their balance allows them to recognize that sorrow is not an opposing force to happiness, but preferably that it is a functional part of joy; that without misery, we would never feel bliss or perhaps anything at all.

Over time, the empath will learn that this state of equilibrium is indeed their most heightened state of being and the place where they will find their real self.

Embrace Discomfort

Here's a revolutionary idea that can take your yoga, tai chi, or mindfulness practice to the next level: discomfort is just an emotion. It isn't real. It isn't a threat, but it is a motivator.

Embracing discomfort isn't the same as numbing yourself to it. When you accept cognitive dissonance or moral injustices, you numb yourself to discomfort, embracing apathy and encouraging the distortion of the truth. When you allow yourself to experience discomfort without immediately reacting, however, you can learn to make empowered choices, overcome fears and anxieties, and reach towards emotional growth. For empaths, discomfort is often a sensation of uncertainty or anticipation of conflict. If you can learn to recognize the feeling without letting it trigger your fight or flight response, you can instead focus on taking productive action, making yourself the true master of your universe.

That is an enlightened position that very few humans take. If you can start to use your discomfort as a tool, rather than avoiding it at all costs, you may find yourself able to overcome challenges that leave others destroyed. Once you've mastered this technique, do your best to pay it forward to another empath.

Live an Authentic Life

One thing that can throw any empath off balance and block the pathway to inner peace is a lack of authenticity in your lifestyle. Empaths often carry lies or dishonesty inside for long periods, haunted by them, even allowing the memory of them to block their throat, heart, and solar plexus chakras. That being the case, empaths should avoid lying whenever possible-even white lies can cause disruptions in your energy field.

You can work towards this goal through both addition and elimination. In addition, make a point to invite positive energy flow into your life by aligning your career, personal relationships, eating habits and hobbies with your value system. For example, if you have come to realize that environmentalism is deeply important to you, then pursuing work in green planning would be a fantastic first step. You could also reach out to foster new friendships with people who are passionate about the same causes; you might alter your diet to favor organic, locally sourced produce, and make a heightened effort to buy from environmentally conscious companies.

For elimination, you'll want to start purging anything from your life that puts you in a position of moral conflict. If your job or social circle is not environmentally-conscious, you'll be under constant pressure to swallow your truth and project dishonesty, which will ultimately leave you feeling dissatisfied and ungrounded. Any relationship wherein you feel the need to lie to keep everyone happy is a bad relationship for you, and you should feel free to let go of it.

You'll also want to stop using your money to support brands whose values contradict your own, and give up any habits that have a negative impact on the things that matter most to you-for instance, if you love poetry, song, and other forms of vocal expression, it's maybe time to quit smoking cigarettes once and for all. You might be pleasantly surprised to notice your physical body and spiritual energy shift in a tangible way once you release the cognitive dissonance you once held inside yourself. You'll feel lighter, taller, more dynamic, and more capable.

I'll include another reminder here to be careful with social media use. Sometimes, these applications can do a lot of good to bring people together and inject dynamic momentum into progressive movements-but most often, and they are cesspools of inauthentic energy. Aim to use these platforms sparingly, if at all, and to post honestly and responsibly.

Choosing Humility and Respecting the Unknown

No matter how empowered one may become, and regardless of how well one has honed their empathic power, it is crucial to embrace humility, keep the mind open to unexpected possibilities. The self-righteous empath who develops a hermetic view of the world, unwilling to entertain ideas that do not strongly resonate with their interior knowledge, is likely to be deeply dissatisfied or anxious, and struggle with communication and loving relationships, as others will perceive them to be arrogant and standoffish.

This type of attitude is also likely to weaken your empathic powers. Truth is multifaceted and always changing. To grasp even a sliver of it, the empath must maintain a balanced connection between their interior and exterior worlds. Shutting either out, or favoring one over the other, will eventually lead the empath to receive misleading messages, or drive them to misinterpret messages that would otherwise be clear and easy to decipher. Empaths are privy to knowledge that often goes unseen, unheard, unacknowledged. Still, from time to time, they can be flat out wrong-especially if the information they're receiving from the exterior world is limited, it can be skewed to support an incomplete hypothesis.

There is an ancient Indian parable, of possible Buddhist origin, that has become popular in discussions of philosophy and religion, spreading to cultures throughout the world and retold in several different versions, about a group of blind men who encounter an elephant in the jungle. (Perhaps this parable is due for a modern update to include an equal number of blind women-please bear in mind, men are not the only gender susceptible to the pitfalls this proverb warns us.) In this story, each of the blind men must use only their hands to try and comprehend the elephant's size, shape, and overall nature; however, one man's hands find only the elephant's tusks, while another finds only the rough skin of a hind leg, and another still can only feel the animal's full, thin ears. When they compare their experiences, they are each convinced that the others are wrong or insane; in some versions of the story, this inability to agree on their sensory perceptions leads the men to resort to violence. Ultimately, the point of the story, which only the audience can see, is that each of the blind men is right, describing his experience accurately and honestly; the only problem is that they fail to acknowledge the perspectives of others as equally valid.

This is human nature, though the parable aims to inspire us to evolve past it. The truth can never be fully comprehended from one fixed vantage point-it is far too vast for any single person to hold alone. Still, the enlightened empath will be more successful than most at gathering contrasting perspectives and finding a way to incorporate them all into a single philosophy or belief, untangling knots of cognitive dissonance and drawing connections between seemingly disparate concepts-if, and only if, they are willing to stay humble and open to uncomfortable experiences. This pursuit should be handled with care-again, there is a difference between mild discomfort and decisively negative energy, and the empath needs to stay guarded against the latter.

Don’t force yourself to endure an experience that is depleting rather than charging you, but don’t let yourself fall into the habit of avoiding the challenging and unpredictable opportunities life offers you, either. As an example, many empaths learn early in their journey to self-empowerment that large crowds can quickly cloud or drain their energy fields; they may have had one particularly difficult or painful experience at a party, concert, funeral, wedding, or rally, and quickly decide that it would be best to avoid large gatherings from that point on. This might be a mistake, though, as joining large groups that are unified in honest intention (a faith-based service, or performance that is effective at steering the emotional path of every audience member, for example) can be one of the most positive and energizing experiences available to the empath.

Though it may be tempting to stay cocooned in whatever emotional spaces feel safest, the empath must make a point of continuously expanding their perspective by trying new things, meeting new people, and seeking out challenges for the sake of growth. The most important thing for an empath to know is just how much the universe has yet to teach them.

Chapter 10
Trust Your Intuition

A little voice in your head. A tingle. An urge. These are gut feelings talking to you. What are they saying and do you need to listen?

Many have experienced a sense of knowing something before we know them. You wait at a green light and miss getting hit by a car that ran a red light. You decide out of the blue to go on a blind date, and you find the love of your life.

If we could just tap into these insights, we would be better. Guess what? You can. If you can learn to identify what signals to listen to. It might be butterflies in your tummy, a certainty that something is about to happen, or sweaty palms.

Intuition is more material than it seems. The intuitive right brain is reading your surroundings while the left brain is engaged in something else. The body registers this information while the mind remains unaware of what is going on.

Theory suggests that you might feel an event approaching due to dopamine neurons. Dopamine keeps track of reality and alerts us to patterns that we can't consciously detect.

Just how do you choose what gut feeling to trust? That is a matter of combining the intuition and the mind and getting the right balance between rational thinking and gut instinct. When you notice an intuitive hit, you can engage your mind to weigh the choices and figure out how to act on them.

Here Are Some Gut Feelings
That Experts Recommend That You Pay Attention To:

Something Feels Wrong with Your Body

Listen to your body's signals is a crucial part of exercising your intuitive sense. Your body is a wonderful communicator. Intuition can allow you to get warning signs when something is off with your body so you can take care of it. If you have a feeling about your body like something is toxic or

weak, listen to it. Get it looked at. Many people ignore this sense when something isn't right, and then they find out that something small has become large.

Physical symptoms have symbolic values. If you are near someone and your energy level goes down, don't ignore this intuition. Sleepiness can mean that you are near an energy-draining circumstance or person. It might be your body's way of telling you that the conditions are draining your energy. If you stay in this situation that makes you feel depleted, it can lead to situations where you could become stuck, anxious, and depressed.

Pay attention to any physical sensation that happens suddenly during an interaction. You might get a burning sensation in your stomach before deciding not to get in a cab and moments later the driver gets arrested for theft. You can feel intuitions in most parts of your body. Most feel them in their stomach or chest. The stomach is more common since the intestine house the enteric nervous system referred to as the second brain.

You Feel Like You Are in Danger

The feelings you get from someone in the first ten seconds you meet them is ancient biological wisdom. Early humans who could quickly detect if a stranger was a foe or friend had a better survival rate. Their descendants could read emotional signals in other's faces instantly.

Since social conditioning can help create beliefs and these beliefs can produce impressions and decisions that are flawed. Check your gut feelings with your rational mind when you can. There are ways you can take care of what feels like warnings.

If you feel you can't trust someone, you need to pay attention to that feeling. If you are walking alone and you feel like you need to stay away from the person coming toward you, cross the street or change your path.

You Want to Help

Our gut instincts have been developed to help us avoid danger, but we have evolved so much that we can sense when a friend needs help.

Sympathy is a basic instinct. This is why evolution gave attention to the parts of the brain that make us think about other people's feelings.

Evolution has enabled you to be able to read faces and signals, so you don't have to wait to be asked before you reach out to help. The smallest gesture can make a huge difference in someone's day. People are more compelled to give after they see pictures of people after a disaster rather than just reading about it.

The ability to read other's faces doesn't just help others. Generosity makes the brain's pleasure center light up as bright as the Las Vegas strip.

Individuals that help others experience improvements in overall well-being, immunity, and mood. Following your instincts for generosity and sympathy is a good investment for your happiness and health, too.

You Know What You Are Doing

There are things in your life that you have problems with. You have cooked a certain dish for what seems like forever but when your mother-in-law is coming to dinner, your brain shuts off, and you forget what to do. The can-do instinct that has been developed over the years gets drowned out by overthinking.

Beginning golfers do better when they think about their putts. Experienced golfers do worse when the start thinking about what they are doing. Rational thinking does serve beginners since they are still developing technique and muscle memory.

For experienced players, their instinct took over, and they did a better job. Overriding their neural patterns and instincts for logical thought destroyed their performance.

When you get tempted to think too much about something that you know how to do, try some distraction. When your yoga instructor calls out that dreaded pose that eludes you, say the alphabet backward or sing your favorite song to yourself. Engaging your mind with something else will leave your instincts free to do what they do.

This Feels Right.

When your intuition says that you have found someone or something that is right for you, the choice will become very easy. It will feel good and won't feel like you are forcing anything.

When you need to make a large decision that will have lasting repercussions, you need to listen to your gut. Using our gut instincts to make big decisions leads to more satisfying choices. These decisions will improve your quality of life.

Here Are Some Ways to Trust and Uncover Your Intuition

Release Your Core Beliefs

All of us carry core beliefs. These were formed from the time of birth and continue to change with interactions, environment, circumstances that we experienced growing up. These beliefs want to rule us. It seems like we are strapped beside our alter ego that is determined to take us down, all while we are begging for it to stop.

Identify what you think about yourself, move and feel through all the negativity, the pain and accept all that happened along the way. This allows you to go forward and trust your intuition.

Turn Loose of Childhood Hurts

Like most people, childhoods are perfect. There are some good memories and bad ones, too. As you get older, you will look back and realize how hard it was for your parents to raise you.

You will learn to accept and love your parents for who they are and be grateful for everything they did for you. Stop blaming your parents for your adult choices. Do what it takes to let go of all the childhood hurts. If you can't or won't, it is only going to hold you back in everything you try to do. It will stop your ability to trust your intuition.

Listen to Your Gut

Intellectually all of us know that this means to follow that little voice in your heart or head. Listen to your gut because the answer will be within

you.

This sounds simple, but for some, it will be developed with time. Allow yourself to move forward and change. Don’t wallow in self-doubt. There are probably times you can remember where you didn’t listen to your gut and you chose a different path.

Your choices probably didn’t give you good results, and then you wasted time blaming yourself for making a stupid decision. Trust your gut. It will never lead you wrong.

Meditate in Strange Places

You could begin with walking meditation if you like being outdoors. You could sit quietly on a cushion and enjoy the start of your day. You can sneak in a quick meditation on the subway or sit in a doctor’s office. Take time to meditate while your dog is enjoying friends at a dog park.

The wonderful thing about meditating is the space that you can find in between. That space where one thought ends and the next hasn’t quite begun. You can rejuvenate, reflect, and rest in this quiet, natural space. This space is where compassion, clarity, and understanding are nurtured and born. This is a safe place where you can get to know yourself. You can sit still and listen to what is inside. Regular meditation will keep your intuition present and fresh.

Forgive Self-harm

Everyone has a form of self-harm like boozing, isolating, or over-indulging. The biggest harm we cause ourselves if stay stuck in our beliefs that we aren’t worthy. If you can walk away from self-harm, you can begin to let down the guard that wants to punish you. When you start to look at yourself with forgiveness and compassion, you will fill that space with mindfulness and love.

Break All Bonds of Resentments and Attachments

If you find it hard to get rid of anything, you are hanging on the feelings that are attached to bad feelings like resentment and anger. This will only

allow those feelings to grow and fester.

When you release your grip on attachments and resentments, you are permitting yourself to let go completely. You will start to make a space where you can relax and learn to trust yourself. You will start to rely on and listen to your intuition.

Come Home to Yourself

It is way too easy to get into a bad habit of compulsively rushing, seeking, and searching for something just to keep yourself distracted from feeling uncomfortable. Stop running away and begin to run to yourself. Trust yourself to hold the answers. Once you can feel at home with yourself, you will start to feel safe in the world. You will begin to pay attention and listen to your intuition.

Wherever you are, it is perfect.

Every one of us is a work in progress. It will take practice, patience, and willingness to find self-discovery. When you awaken and connect to your intuition, anything will be possible.

Personal Meditation

This will aid in your ability to connect with your divine and higher self. When you are more connected with yourself, the easier it will be for you to trust your intuition. You're not going to doubt someone that you are close with; the same goes for yourself. Let's begin.

Sleep Meditation

The length of this meditation depends on how many times you have to do it before you begin to fall asleep. Some may be able to do it only once; others may have to go through it a couple of times.

Laughter Meditation

This meditation is more advanced. This typically takes about 12 minutes and is made up of three separate parts; stretching, laughter, and stillness.

This meditation should be done first thing in the morning on an empty stomach. If that doesn’t work for you, make sure you do this right before lunch or dinner.

Begin by stretching out your body. Stand on your toes and interlace your fingers. Your arms above you with your palms facing up, keeping the fingers intertwined. Slowly release.

Chapter 11
Types of Empaths

After understanding the above characteristics, you can now tell whether you are an empath or not. If you are, now this subtopic will explain more on the kind of an empath that you are. But before all that, you should note that there are two things that all empaths have in common. First, all empaths are born with the ability to experience what other people are going through either through emotions or even their feelings. Secondly, no empath is born already skilled, they all have to learn the skills and if not, they are prone to suffer a lot. This should not get you worried if you have no skills yet, this book will help you learn some new skills that you need to know as an empath. To your surprise, you might even be more than one kind of an empath, so if you find yourself falling into various kinds of empaths, count yourself talented. These types are also referred to as the many gifts of empathy.

Physical Intuition – The second type of empath is physical/medical empath. If you possess this type of empathy, you will be able to sense another person's physical health and wellbeing. Essentially, the experience is the same as with an emotional empath. However, instead of being able to tap into another person's emotional state, you can tap into their physiological state. One way this takes shape is that you get an image or a sense of something wrong. For example, if someone has a chronic illness, such as diabetes, the word ‘diabetes' might appear in your mind, seemingly out of nowhere. Alternatively, you might be able to feel the symptoms of another person the same way an emotional empath can feel another person's emotions. This can be very distressing if you don't know what is going on since you may experience numerous symptoms throughout any given day, even though you are in perfect health yourself.

Some physical/medical empaths can see issues in another person’s energy, such as blockages, imbalances and the like. This is where practices such as Reiki can prove a very beneficial profession. As such, an empath could use their abilities to detect and help correct a person’s energy issues. For the most part, people in this category choose medical professions where

they can use their intuition to help diagnose and cure the patients they see. The same detachment that can benefit emotional empaths can go a long way to benefiting physical/medical empaths as well.

These are the kind of empaths who can know what exactly is happening in another person's body. For example, this type of an empath can easily tell when you have a stomachache or a headache. Being a skilled empath will make you able to help other people through this correct knowledge.

Physical Oneness – The way these empaths get information is always personal. These are empaths who can feel other people's physical way of being in their own body when around or with them. For instance, this kind of empath, when with Betty, they will always develop a stomachache, like this stomachache belongs to Betty. This is a confusing type of empath, but if you are a skilled one, you will be able to assist those around you with the messages you get into your body. You ought to be skilled to avoid confusion or any form of suffering.

Intuitive Empath – This person can pick up information about others just through spending time with them.

They can tell what someone is or what kind of person they are just by looking at them and inferring details based on their intuition.

These people are commonly expected to be psychics or able to read minds when, in reality, they are simply really good at picking up on cues intuitively.

These people are closely in tune with the energy around them and can put it together effectively to figure out what is going on in the minds of others.

If you happen to be an intuitive empath, for example, you may be able to tell just by being around someone that they are a mother or that they are going through a rough time just by spending that time with the other person.

They never had to say a word to you about who they were as an individual or what their experiences were—you simply knew on your own.

When you are an intuitive empath, however, you tend to be even more sensitive to being in large crowds than the emotional empath.

You can quickly and easily get overwhelmed by other people because you are constantly taking in information about those around you.

Intellectual Empath Ability – This type of empaths is able to get into people's intellectual abilities. For example, they might find themselves using long words while speaking to Joy but then later, they come to realize that Joy also likes using long words.

Emotional Intuition – Emotional empaths are the most common type of empath, and the most basic. This is the variation that most people identify with when they think of the term ‘empath.' As an emotional empath, you will be able to sense the emotions of those around you, thereby knowing what a person is feeling regardless of their outward appearance. The ease with which you can sense the emotions of others can be both a blessing and a curse. Although it can be a good thing to know what another person is truly feeling, the truth is that you can sense the emotions of others as easily as you sense your feelings. This can make it difficult to differentiate between the two at times, causing a fair amount of emotional confusion as a result.

To say that you can sense other people’s emotions may be understating your experience somewhat. The fact is that you cannot only sense how others are feeling, but you can share in those feelings as well. Again, this can cause significant confusion about your actual emotional state. You will probably experience mood swings as a result of how others are feeling, and this can make you seem unstable in extreme cases. Subsequently, it is important to develop the ability to differentiate between the emotions of others and your feelings. This will help you to stay true to your emotional state regardless of the environment you are in. Additionally, by remaining detached, you can prove more beneficial when helping those around you since you aren’t allowing your own energies to be altered or drained by their emotional experience.

These types of empaths are able to tell what is going on in someone's body, specifically their emotion, even when other people are trying to hide

or fake their emotions. For instance, an empath will note that Betty is always cheerful, but she is hiding worries behind her smiles. Skilled empaths will know how to cut through the fake and real emotions since they all can differentiate what is real and what is fake. This helps you become a better friend since your friends get to realize you know them better.

Emotional Oneness – This is the type of empath where you get to learn the reality about what is cooking in other people's feelings. The difference of this kind of empath with the Emotional Intuition is that an empath in emotional oneness can feel what others are feeling. Your emotions and those of your friends will tend to merge. As a skilled empath, you should not be carried away by the absorbed emotions since most of them are always negative, but you should rather help your friends come out of this negative emotion or feeling, for instance, worries or anger. Being skilled means, you will have a stable emotional foundation to help out.

Spiritual Intuition – This is a kind of empath where you get to experience how someone else connects to God or other spiritual beings. For instance, accompanying Betty to church and getting to hear what her pastor preaches about God, you get to feel the flavor that Betty gets from the teachings about God. This can happen in the case where you know nothing about your friend's religious views. Skilled empaths use this chance to know the many faces of God and even develop interests for religions and spiritual lives.

Spiritual Oneness – This kind of empath is different from that in Spiritual Intuition in that, in Spiritual Oneness, an empath will experience directly how their friends are connecting to their Supreme Being. This can be through the hymns that are being sung and relating the inspiration behind them. This helps skilled empath grow more spiritually in various ways.

Animal Empath – An animal empath will experience what it feels like to be a certain animal. A skilled animal empath is totally different from an animal lover in that, an animal empath can tell the difference between two animals that an animal lover thinks are identical. A skilled empath will help animals locate their groups or even help pet owners.

Empaths, in general, tend to feel some sort of connection and understanding for animals as they are able to empathize with living beings.

However, some people feel even more in tune with animals than others, and they are able to sense far more about what their animals want or need. These people are animal empaths, and they are usually found alongside an animal companion of sorts. Typically, these animal empaths will dedicate their lives to taking care of animals in some way, whether they have several pets of their own, they run a pet store, work in a shelter, or work in an animal sanctuary or other animal-based lines of work.

They may even be veterinarians or people that go out and volunteer to rehabilitate wild animals that have been injured. As an animal empath, you may feel the need to spend time with your animal companion to recharge and feel energized and rested.

For example, if you have a horse that you take care of regularly, you may find that you only feel rested and recharged after a good horse-riding session, and that would be your method of recharging when you felt stressed or overwhelmed about something. In particular, animal empaths are regularly found studying animals and learning as much as they can about their animal companions.

They may choose to study veterinary medicine or discover how to become an ethical animal trainer. So long as they are able to live their life with interaction with animals, they are satisfied.

Environmental Empath – Environmental empaths are able to tell the difference between landscapes in certain environments. To them, each landscape is scenery. Skilled empaths enjoy walking through forests and this can even make them emotional.

Plant Empath – Plant empaths get to feel what it is like being a certain tree, leave, or even flower. Skilled empaths use this gift in their agricultural farms or even in gardening.

Crystal Empath – Crystal empaths tend to get into the consciousness of certain gemstones or crystals. They enjoy being around stones or gems and

this helps a skilled empath in gaining more information and inspiration concerning crystals.

Mechanical Empath – Mechanical empaths experience what it is to be a certain machine and their needs. This can even make them fix machines without the necessary qualifications due to the increased interest in machines. As a skilled empath, you are advantaged because you will not need a mechanic to identify what your machine needs, you will be able to tell it yourself. It may lead to more research into machines and technologies.

Chapter 12
Empath and Relationship

In your own life, you have a lot more power than you think. The relationships in your life have been placed there on purpose—either to help you grow, to help you learn more about yourself, or to help you feel nurtured and supported. Chances are, you will find that each relationship in your life serves as a "test" of sorts, so you must be able to understand what those relationships are about and how they are currently impacting your life.

If you have relationships in your life that feel as though they are meant to help you grow or learn more about yourself, you may find that these are either positive or negative. In some cases, you may have these friendships with other empaths who teach you about who you are and what is possible for you and who encourage you to grow into your gifts and become stronger with them in general.

In other cases, you might find yourself in negative relationships where the purpose is to learn about your weaknesses and where you may not presently be taking care of yourself with stronger boundaries. In these cases, you should consider these relationships as an opportunity to understand how you are allowing others to take advantage of you and harm you. Take the opportunity to know how you can eliminate that by being more present and available for yourself. As you learn to navigate these negative relationships and set boundaries for yourself, you may find that some naturally grow into healthier relationships, and they become more enjoyable and safer for you to navigate. On the other hand, some may become even more toxic, and you may find yourself with the need to eliminate your relationship with that person so that you are no longer being entrapped by that relationship and all of its toxic elements. Sometimes, learning to let go and give yourself space to decline toxic relationships is an important lesson for an empath.

In relationships that are meant to help you feel supported and allow you to feel safe to be yourself, these are naturally healthy and positive relationships that you should continue to nurture in your life. These are the

ones that are meant to support you with understanding the value of strong relationships and the value of who you are. Typically, nothing needs to be done in these relationships aside from possibly asserting some of your new boundaries more clearly if you find that some of them are not being respected. Often, you will find that in these relationships, the boundaries were not being respected, not because the other person is not respectful, but because the other person had no idea they existed. Once you begin to assert your new boundaries, these individuals will often shift their behaviors immediately and celebrate you by choosing to honor yourself more deeply.

While we may agree that being in love requires vulnerability, the experience can be heightened when one or both partners are sensitive. In discussing this, we must remember that relationships are not necessarily a happy place for highly sensitive people—mainly because they are more aware of their surroundings and of the people they are relating with. As such, they are more likely to become unsettled by their partners' behaviors or the possible outcomes of such behaviors. Generally, an HSP (Highly Sensitive Person) will often feel more stressed and will need more downtime—a combination that can strain and bring down any relationship.

Despite the challenges involved, many people are attracted to HSPs and their sensitivity. They like them for their openness, compassion, empathy, and concern for other people. The tendency of HSPs to foster deep, meaningful relationships and their distaste for superficial stuff makes them even more likable. Their authenticity in their dealings in life is a breath of fresh air.

Unsurprisingly, highly sensitive people tend to be attracted to people who need their help, but sometimes, this attraction can be deceptive. Sometimes, they fall into the arms of others who never give a thought to taking advantage of the caring and giving nature for their benefit. Because of these characters, highly sensitive people become the doormats of their circles and end up in the therapists' office.

The lack of acceptance and appreciation for the sensitivity of HSPs causes sensitive persons to suffer from low self-esteem and self-doubt. When it comes to establishing a romantic relationship, the HSPs tend to become more helpful, empathetic, compassionate, and sensitive to the needs and feelings of other people trying to gain love and acceptance from them.

In particular, HSPs have a distinct characteristic called mate sensitivity, which is the ability to quickly decipher a spouse's needs and trying to resolve the problem so that they may be happy again. HSPs do this all the time, and sometimes make it their daily goal.

As you would expect, there are bound to be problems when one party is giving too much. The reality is that the more you give, the more your partner takes. When you focus more on giving without receiving anything in return, at the end of the day, your own needs will be unmet, and you end up feeling unhappy, resentful, and exhausted. Unfortunately, when this happens, you begin to blame yourself again but remain unfulfilled.

How HSPs Can Achieve More Satisfaction in Relationships

Relationships can be quite a challenge to a highly sensitive person. However, the following tips can help HSPs derive more satisfaction from relationships. They include:

1. Set Aside Some Alone Time

The need for a productive relation and the need for some downtime is among the significant needs of an HSP but the trick is to find a good balance between the two. You need to strike a balance between spending time with your wife and retreating to your place for some personal time. If you fail to relax and don't spend a while alone, you will end up feeling over-stimulated, contributing to anxiety, depression, frustration, and burnout, among other struggles. The way to work out a balance, however, is to develop a consistent routine that will allow you to have a little of both worlds.

2. Be More Direct

To ensure that your needs are met in the same measure as you respond to the needs of others, you're going to have to be more direct. You ought to realize that while your intuition and perception allow you to anticipate the needs of other people easily, others do not have the same ability.

Of course, you foresee getting the same amount of care and consideration as you offer to others, but the fact is that the non-HSP partners may not even come close to meeting your desires because their brains are not designed to be as conscious. If your partner does not consistently respond to your request for a connection, you are bound to create frustration and disconnection. You need to voice your wishes for this purpose. If your voice volume wasn't loud, make it louder (not harsh). Tell your needs straightaway.

3. Take Some Time Off During a Conflict

Conflicts are a sticky situation for highly sensitive persons because they quickly are overstimulated and shift into the fight or flight mode. Whenever this happens, both partners begin to express anger on each other or will have an urge to leave during the conflict. This is the fight or flight reaction.

A conflict situation brings about a high physical and emotional degree of discomfort. When this happens, the HSPs start to retreat to their shells, understating their needs, and opting to initiate a truce. Although burying the conflict can bring about some temporary solution, it does not keep the conflict from recurring; it only opens the door for some more resentment and conflict.

Instead of burying the conflict, take a breather, and allow the heated emotions to thaw. Once you are relaxed, with your partner, come up with a plan on how to manage the conflict moments. Come up with the rules that you will be following when you want to speak to each other, when you should be taking breaks, and how you will be communicating with your partner to have your needs heard, especially when emotions come flooding. Having set the rules of engagement, it will now be easier for you and your partner, HSP or non-HSP, to navigate any conflict or uncomfortable situation with ease.

4. Allow There to Be Some Differences

The primary cause of conflict is discrepancies between individuals, added to the fact that people have different empathy capacities, sensitivity,

and emotional responsiveness. Nature allows us to weigh things based on the experiences and, unfortunately, the people we work with do not have the same experiences, so we expect them to learn the lessons and patterns we learned from our experiences. Whether or not both partners are highly sensitive doesn't matter; they have to remember that they have differences in sensitivity and preferences.

5. Create Intentional Connections by Sharing Experiences

HSPs are easily put off by the lack of connection, the misunderstandings, and the conflicts that occur in relationships that lack proper communication. The situation is aggravated by the myriads of things happening these days, the kind that takes your attention away, causing them to feel as though they are taken for granted. For example, these days, people are so committed to finding ways to make money that it’s all they think about all day. When doing this, we assume that once we have money, the rest, including the relationship, will iron out and maintain themselves. Conditions like these are the perfect breeding ground for emotional distress with your partner, friends, family, and other relations.

Without actively connecting with those around us, the bond we have with them weakens quickly before the eventual break, and this makes both parties in the relationship susceptible to stress and conflict.

As an HSP, you should set clear priorities of what is of most importance to you based on your limited capacity to create connections with other people. Perhaps you and your partner could set aside some time to sit down and engage with each other either through communication, playing a game, or some other fun activity, without interruptions.

Take this time to know your partner at a deeper level. What are his likes, dislikes, joys, hopes, worries, and goals? Ask him what he or she is most grateful for, the things he or she has been up to, the challenges encountered, and any such information. Talk about what has been happening in your area, in the country, and across the world. Get to know each other’s opinions about different things in life; it is by learning about how a person’s mind works, his outlook of life, the growth he has undergone, the new knowledge he has and other like information that you begin to understand the person

and what he is about. You also get to share with him or her in-depth knowledge about yourself. In the process, you create an intimate relationship with the individual from which you can build a lasting relationship.

6. Celebrate the Successes

Human beings suffer from a “negativity bias” that causes them to give more attention to the things that are going wrong in their lives rather than the things that are working well. This tendency has served as a survival technique for a long time, but unfortunately, it keeps you from noticing the good that is happening within and around you. Focusing your attention on the difficult things of life will only make you feel more helpless, angry, misunderstood, and many other negative feelings. The negativity is a threat to your physical and emotional wellbeing.

In all relationships, as an HSP, remember that you feel things much deeper than the average person, and when the situation is terrible, you will suffer more than the others will.

Chapter 13
Tips for Empaths in Intimate Relationships

1. **Schedule some "me time" each day.** This doesn't have to be a lot of time; you have a full schedule already! But you can spare five or ten minutes a day to take a walk, write in your journal, whatever you need to do to ground yourself and decompress. Once a week, schedule an hour to be alone and practice your self-care. Take a bath, meditate, do yoga, go for a hike, or spend time with your pet.

2. **Be honest with your partner.** If you need some extra time alone, be clear with them. If you had a day full of hand-shaking and meetings, you might need to sleep alone that night. Reassure your partner that it has nothing to do with them and you are just taking care of yourself. A worthy partner will respect that.

3. **Ask your partner to be honest with you about their needs** . If they are having a crisis and your partner needs you during your scheduled alone time, you don't want them to be afraid to tell you. When this happens, you can compromise. For example, you could give up your "me time" one day and take some extra time over the weekend. Or you could have an excellent long talk, and then sleep separately.

4. **If you cohabitate with your partner, have some physical space in your home that's just yours.** Pop culture would refer to this as a "she-shed" or a "man-cave." But any space that is your own will do. Even if you share a bed on most nights, having your bedroom you can retreat to can be helpful. If you live in a temperate climate, a garden, gazebo, patio, or porch might be right for you. Even a large closet that you convert into a reading nook or meditation area could work. The most important thing is that you make it your own and you feel at ease when in the space. Unless there is an emergency, your pet should be the only visitor when you are in this space.

5. **Remember, how you feel is just as important as how your partner feels.** Don't be afraid to speak up. Don't be afraid to express an

opinion that differs from his/her own. If you are an empath, one of your fears of being in an intimate relationship is likely that you will lose your sense of self to the other person. It is in your power to stop that from happening. Remember, your partner loves you for you. They want to be with you as you are, not merely an extension of them. If they want an extension of themselves, it may be time to consider finding a worthier partner.

Conquering fear of intimacy is essential. Love is a crucial part of life, and with your gift, you can experience it even more strongly than most people. It is a lucky person who's loved by an empath. Be sure that in choosing a person to be in an intimate relationship with that you avoid Energy Vampires. As an empath, they will be drawn to you.

Intimate Relationship with an Empath

Does your partner know that they are an empath or do you think that they might be? If your partner doesn't realize that they are an empath, open up the discussion. Ask them to do the exercise "Am I am Empath?"

If your intimate partner is an empath, you will receive more love and compassion that you could imagine. But you will also have some lonely nights and a partner who would rather stay at home than attend social events. Empaths need time alone to decompress, and sometimes physical touch or only proximity is just too much for them to handle. It's up to you if the positives of being with your empathic partner outweigh the negatives.

If you cannot handle being with an empath, leave respectfully and compassionately. Don't be accusatory. If you can't handle the time your partner needs to spend alone, be honest about it. Don't place blame on them for leaving you alone. You simply have different needs that cannot be reconciled.

Be prepared to give up some privacy. Empaths cannot help but pick up on your emotions and absorb your energy. You should not expect them to keep up their shields at all times, especially when they are at home. This is where they should be able to relax, decompress, and indeed be themselves.

Encourage your partner to practice self-care and participate yourself. If they are eating an organic, raw food diet, give it a try, but only after

consulting with your doctor. Do yoga or meditate together. Go on long walks in nature. Plant a garden. Get plenty of sleep. When you do these together, don't try to fill every moment with chatter. Embrace silence and doing things mindfully.

Don't bother lying to empaths. They will know. Even if they are not claircognizant or intuitive empaths, they know you well enough to tell what emotions you experience when you lie. Remember, empaths are experts at reading body language, without even doing so consciously. They can't help it, and should not have to.

Love an empath, love their pet. Empaths, especially animal empaths have individual bonds with their pet. If your partner is an animal empath, accept that you might never again leave the house without fur on your clothes. Don't ask empaths to choose between you and their pet. It is not a fair request, and you may not like the answer.

Don't expect an empath to change. Empaths are sensitive and prone to hurt feelings—this is not something that they can control. It will be up to you to control your reactions. If you are in an argument, take time to calm down and productively express yourself instead of lashing out.

Argue with compassion. No relationship is perfect. You will argue you will disagree. Do your best not to yell or lash out with hurtful statements that you will later regret. Approach arguments with the mindset that you want to improve the relationship and move it forward. It doesn't matter who is right and who is wrong.

Support your partner's need to cut some energy vampires out of their life or to create boundaries with others. Boundaries can be difficult for empaths because of their desire to help people and dread of hurting them. If you help your partner to build and maintain these boundaries, they will be healthier, happier, and a better partner. Be understanding when they feel guilty about these boundaries. Remind your partner why boundaries are important. If you have a friend that your partner experiences as an energy vampire, you don't need to cut this person out of your life, but do your best to keep them separated from your partner. Socialize with them outside of your home and don't encourage them just to stop by.

Accept that your partner has boundaries, even with you. No matter how close your bond, empaths will always need some time and space to be alone. You cannot take this personally; it has nothing to do with you. Allowing empaths to spend time alone to relax will allow them to be better partners when they return. If you cohabitate, encourage your partner to make a space in the home that is just theirs. This is where they can retreat when they need to be alone and decompress. Be respectful and stay out of it. Fight the temptation to snoop when they are not home.

It is easy to get complacent with an empath; they will continue to love and support you. But if you want your relationship to thrive, it is important to reciprocate this support, even if they don’t ask for it.

Ask your partner questions about their experiences as an empath. Keep an open mind about what they tell you; they will be able to sense if you doubt them! Empaths have often been made to feel weird or ashamed of their abilities. Make sure they know that you don’t feel that way. You accept them exactly as they are. They are safe in the relationship to be themselves. Tell them verbally and try to project the emotion to them as well.

Be honest about what you need. You are just as important in the relationship as your empathic partner. Compromise is an integral part of any relationship.

Chapter 14
Tools for Transformation and Spiritual Growth

For some, they wish that they never were an empath in the first place. This typically happens after they have given their all for someone, but their feelings were crushed in return. Being an empath can be quite tricky at times, and it can be even worse if you have not become aware that you are an empath and if you have not worked on any of your skills. It is never fun being taken advantage of or hurt terribly. First and foremost, you need to recognize and analyze yourself from within. Find out what makes you the way that you are, then figure out ways to use your abilities for a positive impact.

Every empath is different. There is no one model for all of us, nor should there be. We all are unique individuals who feel deeply for those around us and what happens to us. Our life purpose is to help and heal others in one way or another. We are here to catch people when they fall; however, we need to make sure we are well first. It is like the airplane example. You are no kind to your child if they have their mask on first and you end up having medical problems because you chose to help your child before yourself. Take care of yourself first so that you can then be there to help and heal others.

Empaths and the Spiritual Awakening Process

It is said that we all start as empaths; it is just that most lose their ability to tune in to other people's feelings. We have become immune to emotions. When a spiritual awakening does occur, it awakens our consciousness to our own feelings. That is how it all begins. We regain the ability to analyze our internal operations.

Spiritual awakening can arrive in a few forms. It typically comes in a variation of seven stages:

1. Unhappiness and feeling empty
2. Change in perspective
3. Seeking answers and meaning

4. Figuring out answers and having breakthroughs
5. Feeling lost again
6. Analysis and deep inner work
7. Joy from integration and expansion

Unhappiness and feeling empty. This could stem from something terrible that has happened in your life. Sometimes you may not even know precisely what is causing the depression or confusion. This typically comes about during a life crisis or out of a natural state, such as a divorce, trauma, death, illness, or a life-changing event. Regardless of how it has come about, you may find yourself isolating from the rest of the world, which will not help you at all.

Change in perspective. In this stage, you may wake up a bit, and you will start to recognize the lies that have occurred around you. You will still be unhappy and will get into a feeling of disgust with what is going on around you. In this stage, you will be angry at times and then sad — it may seem as you are on a roller coaster of emotions. That is your mind working through what is happening.

Seeking answers and meaning. You will start to ask questions at this point. You will wonder what is going on and how you can fix it. If you were cheated on, you would try to research every aspect of why people do such things. You want all of the information you can get to fix the situation.

Figuring out answers and having breakthroughs. After doing some research, you will find many teachers who can provide answers to the questions you were wondering about. You will then experience moments of enlightenment and will regain some joy and happiness.

Feeling lost again. As with any set of stages, there are ups and downs. You will then search for more from other teachers and try to figure out how to connect with others. This stage can be due to boredom with oneself or your teachers. You will seek a deeper meaning.

Analysis and deep inner work. This is when you rely on yourself as you want to eliminate any pain you may be feeling. Grounding will become the forefront in your life as you will find a way to reconnect with yourself in different forms of meditation. You will try to find inner peace in this stage.

The stages are something many go through before they have a spiritual awakening. Some may recognize when that occurs; however, some may not. Here are five signs of spiritual awakening:

1. You avoid negative people.
2. You have increased intuition.
3. You have increased inner peace.
4. You have a surge of positivity and compassion.
5. You have an enhancement of authenticity.

You avoid negative people. If someone is gossiping, judging, and engaging in other dramatic behavior, you tend to avoid those people. You get to a point where you will find that petty.

You have increased intuition. You tend to focus on others' actions more so than listening to what they are saying. Actions do speak louder than words. Just make sure you are watching, and never take anyone's word over what you have observed. People who are manipulative will try to alter the situation.

You have increased inner peace. You do not need validation. You will crave quiet time and alone time more often. Social media will start to take a back seat in your life. You will find that you do not need to post on social media to see how many likes you get; you will feel content in your own body.

You have a surge of positivity and compassion. You will find yourself wanting to uplift others instead of hoping they fail. You wish everyone the best because you recognize that, in one way or another, we are all connected and have the same struggles.

You have an enhancement of authenticity. Instead of being in the spotlight, you would rather take a back seat and let others shine. You need less and less attention when in crowds or party situations. You may dread going if the attention will be placed on you.

Spiritual awakening can be a fantastic experience when you receive it. A spiritual awakening can cause someone to transform their life, happiness, health, and abundance at a speedy rate. This type of situation is not always easy to handle; however, when a spiritual awakening does happen, it will

make your life better permanently. Once you get through the ups and downs, you will see how amazing the experience can be, and you will never want to lose it.

Chapter 15
Your Guide to Healing Meditation

For a lot of people, the idea or concept meditation is frightening at best and annoying at worst. Are you one of the people who is freaked out by the idea of meditating?

A lot of people think they aren't capable of sitting still or that they have no time to introduce meditation to their life. Maybe you think that it's only for Buddhists or ultra-spiritual people.

But meditation is for anyone who wishes to bring their mental states into a better form of balance. Meditation is suitable for all people in the world and everyone should do it, especially empaths.

Before proceeding with this, let's look at some specific definitions of meditation so you can feel more comfortable with what it entails.

Meditation Defined

Firstly, how can we define meditation? It's the practice of training and disciplining your mind. Although this may sound vague, it's simple and more comfortable than it sounds.

Transcendental Meditation:

Most likely, the best-known and most popular practice of meditation in America is called Transcendental Meditation. You can find more about this online.

Kundalini Meditation:

Next, there's kundalini meditation. This uses breath work, mantras, physical motions, and even hand signs (mudras). But you don't have to be a yoga student to take part in meditation.

Mantra

Mantra are phrases or words that are repeated during your meditation session.

They are intended to help you focus your mind on a specific intention or just to quiet it down to silence. These can help you disconnect from chaotic emotions or disturbing thoughts.

You don’t have to use mantras in meditation, but some may find them helpful. If you are curious about this method, you can look up some mantra chants on YouTube to listen to.

An Amazing Miracle Cure

Meditation every day can bring your health, happiness, and everlasting joy. It can improve your health, release your fears, and get better at intuition and emotional management.

You Can Do This Too:

You, as an empath, must prioritize this simple activity to heighten your connection and intuition. With this simple guide, you may demystify this practice.

Following these steps will allow you to make more sense of your empath gift and keep yourself from getting burned out or overwhelmed in everyday situations.

You’re Guide to the Empath’s Healing Meditati on

Similar to any other skill or practice, you can get results if you want it badly enough. Sure, starting with meditation seems hard, but that’s because it’s something new.

Most of us were not taught how to meditate, so it’s hard to get used to the idea. But thankfully, it’s way more comfortable than most people think. Starting the practice only involves a desire and willingness to improve and hone your empath abilities.

To start a new way of being, you just have to want to experience a new way of living.

Setting your Intention:

To begin your practice, you should first set your intention. Throughout your practice, every day, you can affirm this intention to yourself in your mind.

You can welcome this either aloud or in your mind, welcoming the new experiences it brings. Just a simple statement such as this can provide you with the enthusiasm and energy you require to keep with the practice.

Realize It’s Easy

It’s crucial to realize that any person can learn to meditate if they have the wish to do it.

Finding the Right Mood and Environment

You should make a specific meditation space in your house that is serene, uncluttered, and quiet. This will be just for your meditation sessions. Remember that you can eventually learn how to meditate no matter where you are.

Meditating Anywhere

However, when you’re first starting, a quiet place is better. Then you can work your way up to meditating in the passenger seat of a car, in the bath, or on a train.

The Sacred Space

A lot of teachers of meditation think that you must create a space such as this for your meditation. Even in the smallest house, you may light a candle and set up a specific pillow for your meditation.

Don’t Say You Don’t Have the Time

Whatever you do, stop telling yourself that you don’t have the time to meditate. Even if you have 30 seconds or a minute to spare, this can help you calm yourself and silence your mind in meditation.

Start with just a Minute:

If you are still resisting this idea and insisting that it's impossible, try this. Inhale on a count of five seconds, then hold it for five, then breathe out for five, hold that for five, and so on.

Set your timer for one minute and see if you can add a single minute to this each day. On the second day, you will do two minutes, the third day, three minutes, and so on. Does it still seem impossible to meditate?

Finding Peace in the Heartbeat or Pulse

Meditation is as easy as just paying attention to the pulse. This tool is excellent for those new to meditation. It will improve your focus and calm even the most stressful mood.

Sit down Cross-Legged:

The first step is to sit down on the floor while crossing your legs.

Close the Eyes:

Next, keep your eyes closed and think about the area in between the eyebrows.

Find your Goal:

Think about your goal and put it into a mantra. Maybe this is "I am intuitive and trust myself" or "I appreciate my empath abilities."

Repeat your Mantra:

With each pulse, repeat the mantra you have chosen.

The Benefits of This Simple Method

The meditation listed above is available anytime you want to do it. It will help you experience immense growth in just a few minutes or a single minute. Do this every single day to calm your mind and develop your inner voice.

Peace Starts Inside

This next technique is a Kundalini style meditation that is effective, easy, and fast. This can be done anytime, anywhere.

Press your Fingers Together:

Press your first finger against your thumb, then the next finger, then the next, until you hit every finger.

Repeat the following:

As you touch the first finger with your thumb, say the word “peace,” then as you touch the next finger, say, “starts,” then as you get to the fourth ring finger, speak the word, “with,” and lastly, say “me” when you hit the last, pinkie finger.

Breathing Deeply:

While you say the words, breathe in very deeply, going as fast or slow as you want. This can be used on the bus, at your work desk, or even while you’re arguing with a loved one.

You can use this technique to get through the toughest of emotional situations and to release any resentment you are holding.

Making use of your Commute to work

You can meditate on your way to work if you take public transportation. As soon as you get seated on the bus or train, close your eyes and repeat a mantra.

This can be done every day on the way to and from work. You can use guided meditations for this or just make up your steps.

Breathing in and Out:

While you are on your commute, inhale and exhale as you say the mantra or listen to the guided meditation. Breathing is the key to all meditations.

Focus on Positivity:

You can think about how capable you are of your job or how grateful you are to be alive. Whatever you do, focus on something positive to empower yourself.

Using Activity as Meditation:

When you enjoy something, you can use it to meditate. Time spent washing the floors or cooking can help you detach from thoughts and feel more centered.

Walking as a Meditation:

A highly popular form of meditation is walking meditation. Any motion, especially when it's so repetitive, can be a meditation. Walking is an excellent activity for this because it forces you to slow down as you think of meditation.

This will ground you and calm you down. Next time you are taking your lunch break or hurrying at work, slow yourself down to make yourself meditate as you walk.

Breathing:

Breathe deeply with each step you take, feeling your feet, and grounding yourself to the floor as you walk. Form a mantra of calm and peace, repeating it in your head as you take each step.

Doing this Regularly

Anytime you are disconnected with your empath skills, stressed out, or overwhelmed, use this to reconnect with your personal power. This can connect you to the world and ground you.

You will enjoy walking more and also feel happier when you get to where you're walking.

Using Technology Wisely

A lot of people think that technology causes stress, anxiety, and disconnection. However, that's just an excuse. Technology can be used to

help you center yourself and free yourself from depression or anxiety.

You can download meditation apps, time your meditation sessions, or look up affirmations. Technology is what brought you to this book. Just remember to use it wisely.

Controlling Time Spent Online

To feel less stressed out, you can spend less time on the internet. You will instantly feel calmer in your everyday life if you devote your time to more wholesome and creative activities instead of being distracted by social media.

Chapter 16
Empath Healing

Corrupt Practices to Give Up

As an empath, the chances are you have developed several habits that serve to undermine your happiness and wellbeing. These habits aren't necessarily bad behaviors, and instead they are good behaviors that have no boundaries. This is because empaths cannot usually say "no," meaning that good, noble traits such as being giving and selfless can become all-consuming. Subsequently, it is essential to recognize and eliminate these practices to maintain your emotional balance, health, and overall wellbeing. Corrupt practices to give up include:

1. Always were trying to please others. Trying to please others isn't a bad thing unto itself. However, when left unchecked, it can create a situation where an empath over-commit themselves. By always saying "yes" to others you allow yourself to be used continuously, never giving yourself the time and space to restore your energy levels. The result is that you become drained and spent, much like a cell phone that isn't charged regularly. One of the most challenging yet essential lessons to learn for an empath is to put their needs first from time to time. After all, you can only help others when you are strong enough to do so. Therefore, by looking after yourself you are ensuring that you can be of service to others.

2. Being an enabler. Another bad practice that tends to be eliminated from your behavior is that of being an enabler. Unlike trying to please others, however, this behavior truly is terrible. The reason why it’s easy to enable others to misbehave is that, as an empath, you can relate to why they need to misbehave. Unfortunately, not only does this not help the other person, but it also serves to harm you as well. After all, most of the bad behaviors you enable involve how the other person treats you, meaning that by enabling them, you only allow more harm to come your way. Therefore, it is essential that you recognize bad behavior when you see it, and rather than enabling it you take a stand

and protect yourself from it. You can forgive and accept someone without actually encouraging their negative side.

3. Carrying other people's burdens. This is a behavior that affects almost every empath at some point in time. Whenever you see someone else suffering, as an empath, you feel the need to alleviate that suffering. In the event that you can't find a solution to what is creating the suffering you take on the burdens of others in order to make their lives better. While this seems like a good idea at first it actually is quite the opposite. First, it results in you taking on more burdens than you can handle. In the end, each person should only ever have to carry their personal burdens and no more. The second reason this is a bad behavior is because it enables the other person to continue going in the wrong direction as they don't have to carry the burden of their consequences. Ultimately, you have to let others experience the pains and burdens in their life to learn their lessons accordingly.

4. Always are taking the blame. One of the strongest traits of an empath is the unwillingness to cause harm to others. Unfortunately, this trait can result in an empath always taking the blame for when things go wrong, even when they aren't at fault. This can create several problems, both for the empath and the other person involved. By always taking the blame, you allow the other person to avoid accountability for their actions, thus enabling them to misbehave over and over again. Doing so robs them of learning valuable life lessons. Additionally, by always taking the blame you carry the burden of responsibility for other people's actions and wellbeing. The weight of such responsibility will eventually prove too heavy, leaving you crushed under its weight.

5. Feeling obligated to spend time with others. Another behavior that appears positive but is harmful is feeling obligated to spend time with others. This can significantly rob you of valuable alone time in which you recharge your emotional batteries, thereby leaving you vulnerable to emotional fatigue and even depression. Furthermore, you may wind up spending time with people who are highly negative, resulting in your energies being drained and damaged by their negative energy. To protect yourself you need to avoid such obligatory behavior, making choices that benefit you instead.

6. Being addicted to victimization. Sometimes when an empath allows themselves to be victimized repeatedly, they begin to become defined by the process. After a while they identify with always being drained, depressed and taken advantage of. This can become so ingrained that when an empath begins to feel healthy and happy, they feel guilty, almost as though they aren't fulfilling their purpose. It is important to remember that your purpose is never to be victimized. Therefore, such things as happiness and wellbeing should be healthy for you, not the exception to the rule.

7. Giving energy to those who take it for granted. This is one of the main ways in which an empath allows themselves to be victimized in the first place. By giving your time, effort and emotional energy to those who take it for granted you will only ever drain your resources with nothing to show for it at the other end. It's a bit like trying to fill a bucket with a massive hole in it. No matter how much water you put in, the bucket will always demand more. Eventually you need to learn to let go of those who take you for granted so that you can give your energy to those who will appreciate it, and thus be more effective as a result.

8. Being codependent. When you remain in a relationship where the other person takes and never gives you will spend all your energy and never get anything in return. This will leave you in a constant state of feeling drained and even depressed. It is critical for an empath only to maintain mutually beneficial relationships. Only then will the time you spend with others restore your energies. Any relationship that is one-sided needs to be ended for your happiness and peace of mind.

Good Practices to Start

Discovering and ending corrupt practices is only half the formula when it comes to creating a life in which you can thrive as an empath. The other half of the formula is to discover and practice those behaviors that benefit you. Again, as an empath you have an increased responsibility to protect and maintain your energies, therefore you must perform those practices that will enable you to do so. The following list includes some of the more

effective practices that will help you to stay healthy and happy under any circumstances.

1. Accept your empathic ability. One of the most difficult challenges any empath faces is accepting their empathic abilities. Not only can these abilities be confusing, but they can also be distressing if you don't know what they are. However, once you realize the nature of your abilities you must accept them so that you can align your mindset with them. Learn to hear your inner voice and to trust what it tells you. Only then can you rid yourself of the inner conflict that so many empaths face.

2. Own your gift. Accepting your empathic ability is only the first step toward creating a productive and fulfilling life. The second step is to own your gift. This is where you take the time to nurture your abilities so that they serve to improve your life. One thing many empaths fail to recognize is that their empathic abilities are for their benefit as well. You shouldn't feel as though you are only meant to improve the lives of those around you. Instead, you should continuously use your abilities for your benefit as well. Learn to discern those you can trust from those you can't, and protect yourself accordingly. Furthermore, use your intuition to know which paths will lead you to failure and which paths will lead to the success you so richly deserve.

3. Develop emotional detachment. Due to the sensitive nature of being an empath, you must learn to develop emotional detachment. This is the mindset where you can recognize the emotions of those around you without being affected by them. Buddhism and other similar traditions promote emotional detachment as a method of avoiding suffering. By engaging in such practices as meditation and mindfulness techniques, you can develop the ability to detach yourself from even the most harmful emotional environment, thus protecting you from the harm such negativity would cause.

4. Meditate regularly. Meditation is probably the most proven technique with regard to developing emotional detachment. Therefore, you should take the time to find a form of meditation that best suits you. Not all forms are the same, therefore if you don't take to one simply, let

it go and try another. The important thing is that you find one that works for you. Not only will the right meditation help you to become detached, but it will also help you to balance your energies, thereby releasing any stress that has built up due to exposure to negative people or circumstances.

5. Practice the screaming, jumping, and other catharsis types. Another way to relieve stress and anxiety from being exposed to negative energies is to expend it physically. Any high energy behavior, including stress and anxiety, can help to burn off the excess energy. Running or engaging in any intense exercise is an excellent way of achieving that objective. A less painful solution would be to release tension by techniques such as yelling or shouting. These practices help you to convey your emotional strength and thus restore equilibrium and harmony within yourself. Ultimately, any sort of catharsis that lets you release excess or chaotic energy can help keep you calm and healthy.

6. Develop somatic mindfulness. Sometimes an empath can lose touch with their emotions due to the constant flow of emotions from the outside world. This results in them not attending to their own needs. One way to overcome this is to develop somatic mindfulness. This is a technique where you focus on different parts of your body to determine your emotional state. A tense jaw, for example, is indicative of stress and anxiety. An elevated heart rate can point to anxiety or even anger. Shallow breathing, stiff shoulders and clenched fists can also point to anger, stress and other negative emotions. By taking the time to assess your body you can determine your true emotional state and thus take steps to correct any imbalances you are experiencing.

How To Stay Grounded As An Empath At All Times

Staying grounded is something that most empaths have a hard time doing. One reason for this is that they don’t take the time to look for or recognize the signs that indicate when they are ungrounded or unbalanced. Even worse, most don’t even know what such signs look like. Another reason is that they don’t know how to restore balance and stay grounded

even when they do recognize the warning signs. The sign of being ungrounded include:

You have difficulty concentrating and staying focused. This is a sign of emotional and mental fatigue in general, affecting both empaths and non-empaths alike. As an empath, however, you will probably experience this sign on a more regular basis as your emotional state will tend to become chaotic more often than those in the case of an average person. Subsequently, any time you experience this condition it is important that you take the time to step back and evaluate your emotional state. Rather than trying to push through you need to act to restore your emotional balance and wellbeing.

Chapter 17
How Empathy Works

The Way Empathy Works

While there is much, we don't yet know How empathy works, and we have some info. Everything has a lively frequency or vibration, and also an empath can feel these vibrations. They can comprehend even the subtlest changes that are undetectable to the naked eye or the five senses.

Words of expression hold a lively Pattern that hails from the speaker. They have a particular meaning, particularly to the speaker. Behind that expression is energy or forcefield, better known as energy.

By Way of Example, hate Usually Leads to an Intense impression that instantly communicates the word. The word hatred becomes fortified. Strengthened with the sound of the voice. This is the person's emotions (energy) that are gained by empathies, whether the words are uttered, believed, or heard without a physical or verbal voice.

Empaths are also in action poets. They are born writers, singers, and musicians with a higher degree of imagination and creativity. The creative world is also packed with them. They are famous for many talents because their interests are varied, broad, and continuous.

Empaths encircle all walks of existence and Interval every culture across the planet. It's possible to discover empaths within your loved ones, neighborhood, workplace, and also the broader community. There is not any single defining sex, livelihood, personality, or any other tag that we're able to place on empaths; generally, they have been everywhere and could function as anyone.

These are the listeners of life. Empaths Are frequently problem solvers, leaders, and studiers of lots of things. So far as empaths are involved, at which there is a problem, there's also a solution. They will often hunt until they find one if only to get satisfaction.

Empaths Sense and Read Others

Empaths frequently possess the capacity to sense the others on many different levels. In their position in discovering what the other is saying, feeling, and thinking, they are to understand that individual.

They can also become quite proficient at reading Yet another person's body language and could intently study their eye motions. While this in itself is perhaps not empathy, therefore they are excellent listeners and advisers. They will end up helping others and sometimes putting their own needs aside to achieve that. This is the reason we find many empaths in professions associated with compassion, such as healers, clergy, counselors, and health professionals.

They are quiet and pulled from the outside world while they are inclined to become the listeners rather than the talkers. Empaths may include things like loners, those who are miserable or upset, life's daydreamers, or even narcissists.

Empaths Interact with Nature

Empaths are usually passionate about nature and respect its fantastic beauty. An individual will usually find empaths enjoying the outdoors, whether that's a walk on the bright beach or even a stroll from the subtropical forests.

Empaths may find themselves drawn continuously to nature for a sort of release. It's a suitable place to recapture their perceptions and develop a sense of peace in the hectic lifestyles they may live in. The time to escape from it all and relax with character gets crucial to this empath.

Some empaths are somewhat more attracted to some aspects of character, such as water. An individual might find herself attracted more towards rivers, ponds, or oceans as an area of serenity. Others might feel more of a connection to the hills or the hills.

Animals are often dear to the heart of Empaths too. It is never as a power thing but as a natural love. It is not uncommon for empaths to have more than one pet in their houses. Stereotypes like "the crazy cat lady" or the creature communicator tend to be filled with emphatic souls.

Empaths Are Both Expressive and Reclusive

Empaths are usually silent and will take a While to handle a compliment. They are more inclined to explain someone else's favorable features in the place of their own.

An empath Will be highly expressive in. All facets of emotional connection. They will talk publicly, and, occasionally, quite honestly concerning themselves. They generally would not have problems talking in their feelings.

But they can be the Specific opposite as well. Empaths might be reclusive and unresponsive in the best of times. This is a defense mechanism for avoiding feeling frustrated with a single experience or many encounters.

A few empaths Are Extremely great at blocking out Others. That isn't always a bad thing, at least to the learning empath fighting with an onslaught of emotions from others, in addition to their feelings.

Empaths Are Peacemakers

Empaths tend to feel more socially what's beyond them than what's inside them. This can lead empathies to ignore their specific needs. Empathy is usually non - violent, non-aggressive, and tends more toward being the peacemaker.

Any area full of disharmony creates an uncomfortable sense of empathy. If they are in the middle of a confrontation, then they will try to reimburse the situation as quickly as possible, if not avoid it.

If some harsh words are expressed in defending themselves, they'll likely resent their lack of self-control. The taste will be to resolve the issue promptly peacefully.

Empaths Can Be Overwhelmed by Media

TV, images, videos, information and broadcasts are sensitive to empathy. There is no doubt that violence or emotional dramas that depict shocking scenes of psychological or physical pain inflicted on adults, children or creatures can lead to tears of empathy. We may occasionally feel sick or turn back the tears.

Some empaths will fight to understand Any such cruelty. They've grave difficulty in expressing themselves at the face of another's ignorance, closed-mindedness, along with apparent lack of compassion. They simply cannot warrant the suffering they believe and watch.

Empaths Are Safe-Havens of Compassion

The energy and genuine empathy of empathy attract men of all different walks of life, as well as animals. Even absolute strangers find it Effortless to talk To empaths concerning the many personal ideas. Before they know it, they have poured their hearts out and spirits without planning to do so consciously. It appears as though on a sub-conscious degree, that person knows intuitively that empaths would tune with compassionate knowledge.

Negative Side of Empaths

Empathy is profoundly fragile, who are exceptionally attuned to the feelings and vitality of all others. Because they can easily take on the emotions of other people. That can be difficult if they have weak barriers and end up consuming other people's pain and stress. Empathy is highly intuitive, and it is capable of reading circumstances and individuals beyond just experiences at the surface level. They tend to become natural healers as a result of their giving nature as well as their keen insight into your mind.

Empaths and Highly Sensitive People Are Emotional Detectives.

Not only do they "read" the energy a Room whenever they first enter, but empaths can also be acutely attuned to micro fluctuations in facial expressions, shifts in words, or just how misaligned somebody's body language might be out of exactly what they are saying. The problem is that they have been gaslighted therefore told and often that they were too sensitive as kids they know just how to block these tips as a means to become socially "acceptable."

Remember: a number of these highly sensitive people Had to learn to live in a warzone as children. That means that they had to pick up on subtle signs on even the tiniest changes in their environment to be able to survive.

That they had to learn the precise tone of voice which indicated that Daddy was going to go onto a rage attack so they can "avoid" it; they had to put out feelers for when their mother could hit them or when The bullies were probably from the schoolyard to live on the playground.

While This Kind of trauma can sometimes Cause hypervigilance, it can also result in an enormous amount of intuition into your state. Empaths see that they are more often right than they are wrong so that since they learn in their own life experiences, what they dismiss as "paranoia" grow to be accurate reflections of what others folks miss in their rush to get decisions dependent on surface-level interactions.

Their ability to select on Others ' feelings in an adept and nuanced manner is unparalleled. When a room 's power is vibrant and high, the empathies feel the full glory of this. "High vibes" to an ego that is open enough are psychologically orgasmic. On the flip side, whenever emotional vampires lurk about with their pathological envy as well as their spite, empathy has the full "shock" of that too they believe the life force sucked out of these quite quickly. Yet they could track subtle energies as perfectly; they feel that another person's undercurrent of emotion can miss, such as a sign of jealousy tingling a person's heart...

Empaths can usually tell when people are Lying (even if it's just lying to themselves). They could sense when something is "off" before dramatic shifts or feel strange sensations. Their past trauma experiences (if any) do not create a liability for their predictions or insights; on the contrary, they make "readings" more accurate. Some empathies may even directly feel the other person's emotions (although at the time they may not understand them).

Empaths Can Get on the contempt under Some one's niceties; they can feel as though someone has a hidden motive. In the same period, they're also able to celebrate and feel the complete effect of a person's soul when they're genuine. Their unconventional insight into some one's real personality and the way they experience beyond their people façade has a habit of getting them into trouble. So, they learn to stay silent and compliant even though there is a riot inside of them that educates them to listen.

Empowered empaths learn to respect and use their skills with complete confidence; they do not need external validation to obey their instincts. They go for it. And once they do, then they usually succeed and cause many others around them to wonder exactly how they did it. How is it someone couldn't adhere to the "formula," the "protocol," "the status quo," yet still have it directly? How could somebody sense something dishonest about somebody who's seemingly innocent and kind only for everybody, years after, uncover their instincts were right?

However, their intuitive abilities, Unfortunately, include a price: they must come up with a profound belief in themselves despite what everyone else thinks or says.

They may even run the risk of being punished in the meantime. Empathically empowered people learn this risk is worth it because another risk would mean forfeiting who they are and what they know deeply to be true.

Hazardous types adore empaths, and those Relationships can be the breeding ground for self-destruction.

Malignant narcissists appear to prey on empathy because they know tons of energy, resources, and nutritional support are available. Empaths will help those around them with all the wealth of their intellectual energy, and the capacity to consider different points of view. Narcissists see this special gift of empathy, and they try to curate and gather the resources of this empathy, which can support their schedule more...

If you think that toxic people can use empathy as a way to shorten their approach to victory and also reinforce their own healing needs.

Chapter 18
Different Empathy Levels

Do you know what the three kinds of empathy are and how to communicate them? Empathy is must-learn expertise that carries more straightforwardness to your life and relationships!

When a student discloses to you that they're overwhelmed or your partner gets back home with bad news from work—do you react with empathy? Or, on the other hand, do you respond selfishly?

Things being what they are, how might you react if your accomplice got back home overpowered with fear, sadness, and anger and revealed to you she'd quite recently lost her employment? The best way is to react to astutely and sympathetically.

The thing is, not all empathy appears to be identical. Much the same as not all misery is the same, or happiness, or fear.

That is a topic we're passionate about at Heartmanity, particularly because empathy is so vital to emotional intelligence (EQ) and associating with your loved ones and peers.

Consider the joy of getting off work on Friday versus the delight of a wedding or the twisted pleasure of Schadenfreude (German for the satisfaction in another's adversity).

The three kinds of empathy that analysts have characterized are: Cognitive, Emotional, and Compassionate.

As an aside, it's significant that empathy is a generally new thought and is yet being characterized by social and cognitive psychologists. "The term's just been around for about a century—yet through the span of its reality, its significance has consistently changed." If Empathy is a murky idea to you, peruse our piece, "What is Empathy and Why is it significant?"

Empathy IS significant. What's more, the sort of empathy that you express or experience matters also.

Cognitive, Emotional, and Compassionate empathy all show in various manners. Thinking about your encounters at home, at the workplace, or with loved ones, it likely won't take long for you to see the various types in your own life. There are plentiful examples on TV, legislative issues, and in mainstream society to draw from as well.

Cognitive Empathy

By definition: "Essentially knowing how the other individual feels and what they may be thinking. Named perspective-taking now and then." - Daniel Goleman, a popular psychologist and author of the book Emotional Intelligence (1995).

What it's concerned with: Thought, understanding, intellect.

Advantages: Helps in exchanges, inspiring others, understanding diverse perspectives.

Pitfalls : Can be separated from or overlook deep emotions; doesn't distance you from another's point of view in a felt sense.

Cognitive Empathy is about the idea as much as a feeling. It is characterized by knowing, understanding, or grasping on a scholarly level. As the majority of us know, to comprehend bitterness isn't the same thing as feeling miserable.

I speculate that if I got back home surprised about losing an employee, my partner would react along these lines. Similar to how a doctor can look at a sick patient and attempt to comprehend the pieces of the ailment as opposed to plunging into the patient's feelings—intellectual sympathy reacts to an issue with mental ability. My life partner, a designer and pilot, transforms his mind into high rigging in the circumstances like this. You could state it's how a few people are wired to comprehend feelings as far as why they bode well for people in specific circumstances.

This type of empathy can be a huge asset in conditions where you have to "get inside someone else's head" or interact with consideration and comprehension. On the other hand, cognitive empathy is somewhat like mixing apples and oranges. To genuinely comprehend someone else's emotions, don't you, in some sense, have to have the option to feel them

yourself? The individuals who respond with Cognitive Empathy risk appearing to be cold or disconnected.

Emotional Empathy

By definition: "When you feel genuinely alongside the other individual as if their feelings were contagious." - Daniel Goldman

What it's worried about: emotions, physical sensation, mirror neurons in the brain.

Advantages: Helps in close interpersonal relationships and vocations like training, advertising, management, and HR.

Pitfalls : Can be overpowering, or improper in specific conditions.

Emotional Empathy, much the same as is sounds, includes legitimately feeling the feelings that someone else is feeling. You've presumably known about the expression "empath," which means an individual with the capacity to take on the passionate and mental condition of another completely. The statement that strikes a chord is: "I have a lot of feelings."

This sort of reaction may seem to be detached from mind and thinking, yet, as Goldman points out that in a human being's mirror neurons emotional empathy is quite known. All animals have neurons that fire when they see a different entity behaving for a specific purpose, allowing them to connect with that action in their own body and cerebrum. Emotional empathy does just that in reaction to a situation, with the emotions that someone has.

At the point when your partner—or anybody you profoundly love—comes to you in tears, it's a characteristic reaction to feel that pull on your heartstrings. Like crying at a wedding or flinching when somebody stubs their toe, it's a deep-set gut response that frequently feels like a visceral human response.

Emotional Empathy, like Cognitive Empathy, has its flip side. "One drawback of emotional empathy happens when individuals come up short on the capacity to deal with their upsetting feelings," claims Goldman. " [This] can be found in the psychological exhaustion that prompts burnout."

Feeling an excess of emotional empathy can make even little connections overpowering.

Compassionate Empathy

By definition: "With this sort of empathy, we not just comprehend an individual's bind and feel with them, yet are precipitously moved to help, if necessary." - Daniel Goldman

What it concerns: Intellect, emotion, and reaction.

Advantages : Considers the entire individual.

Pitfalls: Few—this is the kind of compassion that we're typically making progress toward!

Most of the time, Compassionate Empathy is perfect. Intellectual Empathy might be fitting for political or money related dealings or specialist's workplaces; Emotional Empathy might be the first reaction for our friends and family; Compassionate Empathy finds some harmony of the two.

Feelings of the heart and musings of the cerebrum are not alternate extremes. They're complicatedly associated. Humane Empathy respects that characteristic association by considering both the felt faculties and scholarly circumstance of someone else.

At the point when your loved one comes to you in tears, you need to comprehend why she is vexed, and you likewise need to give comfort by sympathizing with her plight and ideally helping her mend. It's a great deal to deal with!

The greater part of us will slant to one side or the other: either overly intellectual or overly emotional.

Compassionate Empathy is taking the center ground and utilizing your emotional intelligence to react to the circumstance accurately. Should your partner simply be held? Does the circumstance call for fast activity? Without either turning out to be overpowered by pity or attempting to fix things with coordination, empathy carries a careful touch to the predicament.

At the point when I consider compassion, I frequently think about a seesaw. Go excessively far into someone else's mind, and do you chance losing yourself? Abstain from plunging into their reality, and would you say you are passing up a vital piece of the human experience? Is a lot of feeling improper? Excessively little, destructive?

Truly, most situations require a balance.

Would you be able to consider one case of each kind of empathy in your own life? Likely more than one. Ideally, you've experienced humane sympathy at one time or another!

Any example takes passionate wellness and practice—just like any other skill. At the point when you locate that sweet spot where you can relate, in the case of exploring a working environment hurdle or comforting a friend or family member, it is worth the work.

The Science behind Empathy and Empaths

Empathy is the point at which we can remove our selfish perspectives to come at the situation from their perspective. In any case, being an empath goes much further than that. In the same way, empaths are individuals who're high on the empathic range and feel what's going on in their bodies. Thus, empaths can have mind-blowing empathy for individuals—however, they regularly get depleted from feeling "too much" unless they create procedures to protect their sensitivities and create solid limits.

1. The Mirror Neuron System

Researchers have found a particular gathering of brain cells that are responsible for sympathy. These cells empower everybody to reflect feelings, to sympathize with someone else's pain, fear, or happiness. Since empathies are thought to have neurons with hyper-responsive mirrors, we reverberate deeply with the emotions of others. How does this happen? Outside occasions activate mirror neurons. For instance, our companion gets injured; we feel hurt as well. Our kid is crying; we feel pitiful as well. Our companion is glad; we feel upbeat as well. Interestingly, some mental cases, sociopaths, and narcissists are thought to have "empathy

inadequacy." It implies they cannot feel empathy like others do, which might be brought about by an under-dynamic mirror neuron framework. We should be careful with these individuals since they are unequipped for unqualified love.

2. Electromagnetic Fields

The subsequent finding depends on the way that both the cerebrum and the heart create electromagnetic fields. These fields transmit data about the musings and feelings of individuals, as indicated by the Heart Math Institute. Empaths might be particularly touchy about this info and will be overpowered by it in general. Similarly, we regularly have more grounded physical and passionate reactions to earth and sun changes. Empaths know well that what befalls the earth and sun influences our perspective and vitality. Essentially, we regularly have more grounded physical and emotional responses to changes in the electromagnetic fields of the earth and the sun.

3. Emotional Contagion

The third finding that improves our comprehension of empaths is the wonder of emotional contagion. Research has shown that numerous individuals perceive the feelings of everyone around them. For example, one crying newborn child will set off an influx of crying in an emergency hospital ward. Or on the other hand, one individual noisily communicating uneasiness in the working environment can spread it to different workers. Individuals generally get others' sentiments in groups. What is the lesson for empaths? To pick constructive individuals in our lives, so we're not brought somewhere near cynicism. Or on the other hand, if a companion is experiencing a hard time, play it safe to the ground and focus yourself.

4. Expanded Dopamine Sensitivity

The fourth finding includes dopamine, a neurotransmitter that builds the action of neurons and is related to the pleasure reaction. Research has demonstrated that withdrawn empaths will, in general, have a higher affectability to dopamine than extraverts. Essentially, they need less dopamine to feel upbeat. That could clarify why they are progressively

content with alone time, reading, and contemplation and need less outer incitement from parties and other enormous get-togethers. Conversely, extroverts need the dopamine surge from exuberant occasions. Indeed, they can't get enough of it.

5. Synesthesia

The fifth discovering, which I find especially convincing, is "mirror-touch synesthesia," a remarkable condition. Synesthesia is a condition of neurology that combines two unique faculty. For example, you see colors when you hear a bit of music, or you taste words. Famous synesthetes incorporate Isaac Newton, Billy Joel, and violinist Itzhak Perlman. Through mirror-touch synesthesia, however, individuals may sense other people's feelings and vibes in their bodies as if they were theirs. That is a fantastic neurological clarification of an understanding of empathy. The Dalai Lama is saying, "Empathy is the human quality of greatest value." During these unpleasant occasions, it's anything but difficult to get overpowered.

Chapter 19
Which Areas of the Empathic Lives?

Being an empath is something that affects every area of your life. It’s not liked a job where you clock in, do your work, clock out and go home. The experience of being an empath is one that takes place 24 hours a day, seven days a week. Subsequently, no area of your life is left unaffected by your empathic abilities. Although you can’t prevent your empathic nature from influencing your life, you can manage those influences, thereby taking control of the effects of your emotional environment. This part will discuss six different areas that are directly affected by empathic abilities, revealing some of the challenges faced as well as ways to overcome them.

Health

One of the most common areas affected by empathic abilities is a person's health. The negative effects of the constant bombardment of emotions can be overwhelming at best and devastating at worst. Although these effects cannot be avoided altogether when a person is aware of them, they can make decisions and choices that better protect their wellbeing.

Some of the lesser physical symptoms commonly suffered by empathy include headaches, fatigue, and minor panic attacks. Usually, these are caused by long exposure to large crowds, noisy environments, or any other situation that involves harsh sensory input. Such symptoms quickly fade away once empathy finds a quiet place to rebalance their energies. These symptoms may turn into more extreme forms, including migraine, dizziness, nausea and even muscle pain, if they cannot getaway.

In addition to affecting physical health and wellbeing, empathic abilities can significantly affect a person’s emotional health and wellbeing as well. Lesser symptoms include a general feeling of sadness, low energy levels and even mild stress and anxiety. Such symptoms are usually the result of being in a negative environment or around people with negatively charged emotions. They can also be the result of becoming emotionally spent due to helping those in need. If left unchecked, these symptoms can turn into more serious issues, including depression, extreme anxiety and even rage in some

cases. It is critical that you find a place of solitude if you start experiencing any of these symptoms, as only then can you begin to undo the harmful effects of your environment. Daily meditation will also help to increase your stamina in highly charged emotional environments.

Addictions

Many empaths find the constant flow of emotional energy that bombards their senses hard to cope with from time to time. While most find healthy ways to deal with these situations' others turn to less healthy methods. Some develop addictions in their quest to dull their senses and bring a sense of tranquility to their minds. While some addictions are less harmful than others, the bottom line is that no addiction is truly healthy. Therefore, it is important that you be on the lookout for addictive behavior in your life in order to avoid any long-term, harmful consequences.

One such addiction is eating. This makes a lot of sense when you consider the effects food can have on both the body and the mind. Most eating addictions involve treats or comfort food, things that make a person happy just thinking about them. Thus, not only do foods such as ice cream and cake provide a quick boost of sugary energy, they also create a sense of comfort and peace that helps to restore the mind. From time to time such an indulgence can be healthy. However, when that indulgence turns into addiction it can have very negative effects on both body and mind.

Other addictions include drinking alcohol and smoking. These addictions also make sense seeing as they provide a chemical depressant that helps to dull an empath's senses, thereby relieving them from the inner chaos and turmoil that their mind experiences most of the time. Shopping is another common addiction, one that is less understood than the others. However, it makes perfect sense when you take the time to consider it truly. When a person shops they have the hope and expectation of finding something that will bring joy and fulfillment to their lives. Since empaths often suffer from sadness and even depression, such an expectation will go a long way to raising their spirits. In the end, these addictions are usually nothing more than an empath's way of self-medicating through their more serious bouts of depression and anxiety.

If you experience such addictive behavior, it is critical to talk to someone who might be able to help you overcome it. Alternatively, turning to such things as meditation and exercise in place of addictive behavior can help replace unhealthy habits with healthier, more beneficial ones.

Relationships, Love, and Sex

Unfortunately, the empathic nature of a person often results in them finding themselves during toxic relationships that they simply cannot escape. This dynamic has two main reasons. First, empaths are usually drawn to people who need help, seeing as they have an inherent need to offer support and assistance whenever possible. While this seems to be a good thing, the truth is that it can draw attention to those who are violent, and even self - destructive. The second reason is that empathy can't abandon a needy person. Therefore, even when they realize that their relationship is toxic, they become stuck because by terminating the relationship they can't bring themselves to cause suffering to the other person. Talking to someone, be it a friend or a counselor, can go a long way to resolving this dilemma.

Another way that empaths struggle with relationships is that they are often emotionally spent, meaning that they don’t always have the energy needed to nurture a healthy and loving relationship. This doesn’t mean that empaths don’t crave deep and meaningful relationships, rather they don’t usually reserve enough emotional energy to invest in their happiness, spending it all on the happiness of others instead. The only real solution to this is for an empath to find someone who is both very energetic as well as very understanding concerning the empath’s plight.

Love and sex are also highly impacted by a person’s empathic abilities. While many people see sex as an act that expresses the love between two people, empaths often see it as a way to deaden their senses, restoring them to a state of being physically grounded. This can cause tension in any relationship where the other person feels more lusted after than loved when it comes to intimacy. The truth of the matter is that empaths will never engage in an intimate encounter with anyone who they don’t love deeply, therefore any intimate activity will always be done out of love regardless of outward appearances. The important thing for an empath is to make sure

they demonstrate their love for their partner regularly through any means possible.

Parenting

Parenting is a challenging enough experience on its own, let alone when it involves an empath at one end or the other. Even so, every empath alive has grown up as a child with empathic abilities, and countless empaths start families of their own, thus entering the world of being a parent with empathic abilities. The increase in emotional awareness between parents and children can be both a blessing and a curse. It is therefore critical that you become aware of the dangers so that you can better manage the effects of your empathic abilities within your family relationships.

As a parent you will struggle with the flow of emotional input you receive from your children. This is made worse by the fact that children are usually full of conflicting and confusing emotions due to the biochemical changes their bodies are constantly going through. This only serves to increase the chaotic nature of the emotional input, creating a never-ending whirlwind in your mind. You must develop the ability to detach from emotional input to protect yourself from becoming completely unhinged as a result of such heightened emotional stimuli. Practicing yoga or meditation daily can help make all the difference.

One of the positives of being an empathic parent is that you can sense when your children are suffering. This gives you the advantage of being able to make yourself available to them even when they are trying to hide their inner turmoil. Taken too far, however, this ability can turn into a form of privacy invasion, therefore only ever use it as a tool, never as a weapon. If your children refuse the help you offer you need to respect their privacy and let them deal with their situation on their own.

As a child you will find life somewhat more difficult because of your empathic abilities. Every child does things that they regret, things that often cause their parents a certain amount of pain and distress. However, most children can put those events behind them rather quickly, moving on to better times. Unfortunately, your empathic abilities will amplify the guilt and sorrow you feel for everything that causes your parents any sort of pain. Even the slightest of things such as a little white lie can cause you to feel

absolutely guilt-ridden since in addition to feeling your remorse you can also feel the pain your parent's experience when you lie to them. This is highly unfair, of course, but it often results in empaths developing the highest of standards in terms of morals and virtue. Developing emotional detachment, however, is highly recommended to lessen the effects.

Work

Another environment that can impact an empath in a really big way in the workplace. This is particularly true for any job that creates a highly competitive atmosphere. In addition to experiencing their stress and anxiety, empaths will also experience the stress and anxiety of those around them. This can result in an empath being ten times more stressed out than anyone else at any given time. Needless to say, this needs to be avoided at all costs.

The first rule for an empath is to create boundaries within the workplace. While the knee-jerk reaction is to offer help and solace to those in need, this can prove disastrous if no limits are established. As an empath, you need to ensure that you get plenty of alone time to balance your energies and recharge your batteries. The heightened emotional atmosphere within the workplace will drain you faster than any other environment, therefore you need to take extra precautions to ensure your own health and wellbeing.

Perhaps the best-case scenario is for an empath to find a job that allows them to be fairly autonomous. Although too much solitude can have its downside as well it can be a better challenge to face than that of being constantly mentally overwhelmed and emotionally exhausted. The important thing is to put your needs first at all times so as to prevent them from becoming completely burned out and unable to perform your job adequately.

Extraordinary Perceptual Abilities

So far, this part has focused on some of the more negative ways in which empathic abilities can affect your life. Fortunately, there are numerous positive ways in which your life can be significantly enhanced and enriched as a result of your inherent gift. As an empath you may find you have certain abilities that seem almost otherworldly at first. Rather than doubting

or even fearing these abilities you should embrace them and develop them so that you gain every benefit that they have to offer.

One thing many empaths experience from time to time is the ability to see future or far off events.

Chapter 20
Are Empaths Born or Developed?

Much like other human abilities, many researchers are interested in determining whether empathy is genetic or learned. The recent surge in interest on empathy has given rise to numerous theories on how the true origins and nature of empathy itself. Though there is no single theory that fully explains this phenomenon, here are five of the most compelling scientific theories from the experts on neuroscience.

Theory #1: Mirror Neurons

There is a specialized group of brain cells that researchers have identified with compassion. These neurons allow humans to mimic the emotions of other people, thus giving them the name “mirror neurons.” Following this discovery, many researchers suggest that empaths possess hypersensitive mirror neurons, thus giving them the ability to feel others’ joy, sadness, fear, and pain, among others.

Mirror neurons are said to be activated through external events experienced by the person. For instance, if you see your child hurt, you would feel hurt too. If you are feeling sad, your mirror neurons might be reacting towards some external stimuli that are similar to how you are feeling.

Because of how brain cells work, experts who believe in this theory suggest that empaths are born rather than developed. These mirror neurons are already present during one’s birth, thus explaining why some babies seem to empathize with their caretakers and other babies.

Theory #2: Electromagnetic Fields

This theory is rooted in the discovery that both the brain and the heart generate its respective electromagnetic fields. According to its proponents, the electromagnetic fields serve as the conduit between one being to another, allowing the transmission of thoughts and emotions to and from everyone.

People with high levels of empathy are more receptive to these signals, which then causes them to feel overwhelmed by all the information they are receiving from those around them. They can better sense any changes in the electromagnetic field, and how these changes could affect and draw out intense reactions from them.

Similar to the first theory, this explanation suggests that empaths are born with this sensitivity towards electromagnetic fields. They do not, however, discount the possibility that one could increase their sensitivity over time and with the correct technique, thereby suggesting too that empathy is an ability that can be developed.

Theory #3: Emotional Contagions

Studies on the concept of emotional contagions have given valuable insights into how empath works. According to this theory, emotions, like diseases, can be picked up by one person by simply being near the individual who is bearing it. For example, a single crying infant can set off the entire ward for newborns. An anxious colleague could cause the rest of the office to feel ill at ease.

This synchronicity of the moods among groups of people has also been observed to be beneficial. Being around positive and motivated people can inspire you to follow suit. Thus, empaths are advised to choose the company they keep whenever possible.

This particular theory does not focus much on the origins of empathy. It does imply that humans are naturally capable of picking up emotional contagions. This means that this scientific theory is leaning more on the argument that empaths are born. It should be noted, however, that it also

does not offer any counterargument to the idea that empathy is a skill that can be learned and improved.

Theory #4: Increased Dopamine Sensitivity

Some neuroscientists believe that empaths are more sensitive towards the effects of dopamine, a neurotransmitter that is mainly associated with pleasure. According to their research, empaths who have also been identified as introverts, have lower pleasure thresholds than their extraverted counterparts. This means that introverts achieve an acceptable pleasure through simple activities that would hardly stimulate extraverts. In nonprofessional's term, introverted empaths require less dopamine than extraverts do to feel happy.

This theory could explain why most empaths prefer spending time alone and doing activities that they could do on their own or with a small group of people only. Being exposed to large social gatherings tire them out because dopamine is flooding their system.

Neuroscientists, who proposed this theory suggest that empathy, much like introversion and extraversion, is a human quality that is present at birth. Everyone is predisposed to possessing certain personality traits, and depending on the environment they grow up in, these traits could either be enhanced or downplayed until it entirely disappears.

Theory #5: Mirror-Touch Synesthesia

Synesthesia is a rare neurological condition wherein the person processes sensory stimuli in at least two different ways. For example, some people see specific colors whenever they hear a particular sound. Bursts of red and pink might appear before them as they listen to pop music. Across history, various synesthetic people have made significant impacts in their respective fields. The list includes Sir Isaac Newton and the musician, Billy Joel.

A group of neuroscientists believes that empathy is similar to, if not the same as, the condition called mirror-touch synesthesia. According to their studies, synesthetic people with this particular condition could feel the emotions and physical sensations of others as such feelings were their own. They typically undergo this if they actually see the person expressing an

emotion, or if they have physically touched someone who is deeply feeling something.

Though mirror-touch lacks some other components of empathy, this condition remains a probable explanation of how empathy works. Synesthesia itself could occur either at birth or due to a particular trauma experienced at any age. Therefore, this theory does not provide strong arguments for the idea of one being born as an empath. Furthermore, it does not support the idea that empathy is an ability that can be learned since synesthesia is not something that can be developed or enhanced through practice.

Compared to the given neuroscientific theories, the explanations proposed by human development experts suggest that empathy is a learned ability. According to their case studies, the main contributing factor is the type of parental support that one receives as a child. Genetics plays an important role too, but only as an indicator of who would likely be an empath later on. Even if a person were predisposed to become an empath due to the empathic abilities of his or her parents, the kind of upbringing he or she will have would determine the level of empathy of this given person.

For you to better understand the standpoint of these researchers here are the effects of two different types of parenting on the development of a person’s empathic abilities.

- **Abusive or Neglectful Parenting**

According to studies on early childhood development, traumas experienced by a person during this stage can significantly affect the level of sensitivity towards emotions and other forms of stimuli by the time the said person has reached adulthood. Many empaths who seek professional help are observed to be from households wherein one or both of the parents are depressed, alcoholic, or violent.

The lack of care and support wears down the natural defenses of a person. This could then result in the noted vulnerability of empaths to the negative emotions of those around them.

Furthermore, since they were not taught how to manage their own emotions effectively, empaths that fall under this category are more likely to absorb the energies and emotions of other people. In most cases, they are also unable to separate the absorbed energy and emotions from their own.

- **Supportive Parenting**

Studies show that parents serve as one of the first role models for children, especially those who exhibit empathic traits. Therefore, the words and actions of parents contribute to the healthy development of the special gifts possessed by these children.

The lessons picked up during early childhood would continue to evolve as one grows up. Depending on how supportive the parents are, these learned behaviors could either be amplified or toned down. In the case of empaths who were raised in nurturing households, they can develop better coping mechanisms compared to those growing up in less than ideal conditions. Since they can better handle the challenges of being an empath, they are also capable of utilizing their gifts significant and helpful ways that benefit themselves and those around them.

Though there is no definite answer on why and how people become empaths, it is still possible to understand the makings of an empath. Efforts to discover the answer to this question are not futile attempts since every information gained could prove useful to empaths who still need guidance on how to remain healthy and functional despite the difficulties of living in the modern world.

Chapter 21
Emotional Intelligence and Empathy

Steve walked into his office on Monday morning, and found his secretary, Pamela, sitting with her shoulders slumped, and staring unseeing at something on her desk. She was lost in thought and clear negative thoughts. Her frown was prominent, and her mouth was turned down in sadness.

She did not even hear Steve's good morning wish as she continued sitting unmoving on her chair. Steve left his office bag on his desk and came back to Pamela's desk. He touched her gently on her shoulders and shook her. She startled herself to the present time, and turned to Steve, and hurriedly put on a fake smile, and said, 'Good morning, Steve.'

Steve asked, 'Is everything alright?' She looked at him, and tears automatically welled up. She brushed them away, and said, 'I'm fine,' and went back to work. However, Steve did not let go. He said, 'Come to my office, and tell me what happened. Help me help you, Pamela.' She got up and followed her boss.

Steve not only showed concern for his staff but also very subtly displayed organizational intelligence. He knew and understood that in her current frame of mind, Pamela would not be able to work to her best potential. Her needs have to be addressed first.

Therefore, instead of ignoring her obvious need for help, he chose to use his emotional intelligence and nonviolent communication skills to help build trust and empathy. This approach will not only help in addressing Pamela's problem but also the company's long-term productivity will be impacted positively as is bound to with happy employees whose needs are taken care of.

One of the most effective ways of showing your concern is by demonstrating empathy as illustrated by Steve in the above example. Empathy is, perhaps, the most crucial element for effective communication. Empathy adds a certain sensitivity to social interaction, fine-tunes your social awareness skills, and helps you respond quickly and effectively to

people’s nonverbal cues. Empathy can be used to defuse tensions between two groups even before it leads to conflicts.

Moreover, the need for attachment, connection, the sense of belonging, and validation are all biologically wired into our psyche. An unfortunate element in the stress-filled modern-day is the lack of empathy. The modern-day culture that is so attuned to winning, success and coming first seems devoid of empathy as each person is trying to defeat the other person to take his or her place in the rat race.

So, what is empathy? The word was adopted into the English language only a century ago. Empathy has its roots in the German word, ‘Einfühlung’ which translates to ‘feeling into.’ It is the ability to recognize, identify, understand, and be sensitive to another individual’s thoughts and emotions without having the same experience yourself. Our need for empathy is based on our need to be fully heard, understood, and respected for our experience. In the same vein, giving empathy means to fully hear, understand, and respect the other person’s experience.

The crucial thing to remember here is that giving empathy to someone does not mean agreeing with his or her ideas. It is only accepting and respecting what the person is experiencing and fully hearing his or her thoughts and ideas. Reflecting and paraphrasing what you heard is a great way to let the other person know that you are fully present in the conversation and you are following and understanding what he or she is relating to you.

When the speaker has completed whatever he or she has to say, and is satisfied that you have fully heard and understood his or her perspective, it is quite likely that they turn around and ask you for your opinion. At this point, it makes sense to present your viewpoints objectively and backed with solid reasons as to why you think differently. Therefore, showing empathy does not compel you in any way to agree with the speaker. It only fulfills the speaker’s need to be fully heard.

Empathy Vs. Sympathy

Empathy is defined as the ability to identify, recognize, and share the emotions of another person by seeing situations from his or her perspective.

When you empathize, you share the other person's sadness or distress without going through the same experience as he or she is going through.

Sympathy, on the other hand, involves a sense of 'community feeling' or 'fellow feeling.' However, unlike empathy, sympathy does not include a sharing of emotions and feelings. For example, suppose someone tells you that he is feeling depressed because he has just lost his mother. Your response is, 'I lost my mother last year, and I know exactly what you are going through.' This would be sympathy and not empathy. Empathy is hearing and understanding the other person's perspective without going through the same experience or emotion.

Empathy and Emotional Intelligence

Empathy is the foundation of emotional intelligence and nonviolent communication. When you have to tell someone to empathize with another person, what do you say? 'Put yourself in his or her shoes.' Empathy allows you to communicate by understanding the other person's ideas, thoughts, and emotions.

Why is empathy such an important element in emotional intelligence? With improved empathy, we can connect with our humanity. Empathy leads to more meaningful and stronger relationships than before. With empathy, you will find success in your workplace. Empathy helps you lead a healthier and happier life than before.

Nearly all forms of success, especially those that involve working with teams such as playing a team sport or building a business, are backed by the high emotional intelligence of the leader and the team members. Emotional intelligence typically starts with the leader, and the powers are then learned by the team members.

Empathy builds sustained relationships by building trust and openness and improving our understanding of the other person's thoughts and ideas:

By building trust and openness – When you can empathize with people, you are effectively building trust and openness. When people see your concern, they are willing to be open with you and trust you with their secrets. With increasing trust, more information, thoughts, and feelings can be shared.

For example, if you notice a team member is worried about something, and you walk up to her and say, ‘I can see that something is bothering you. Would you want to talk about it?’ And, if the other person, ‘No, I rather not,’ then it is a sign that she doesn’t trust you.

An appropriate response from an emotionally intelligent person with a high level of empathy would be, ‘Sure, I understand your hesitation in discussing personal matters with me for the moment. I want to let you know that I’m your friend, and I would like to help you if you want. If you change your mind about wanting to talk, you know where to find me. Just remember you are not alone.’

Slowly but steadily, with your behavior and nonviolent communication skills, you build empathy and with it trust and openness. Soon, the team member will walk across to your desk and share her concern with you. And the next time, she will do it without your asking.

By improving understanding, – Empathy calls for listening to the speaker with a focused mind. If you’re an empathetic listener, you drop everything you are doing, and only listen to what the person is telling you. This form of focused listening helps you understand what is being said as well as what is being left unsaid through nonverbal cues, facial expressions, body language, etc. Empathy might not help you read people’s minds, but it will help you get into the person’s head and understand what he or she is going through completely.

Empathy and Nonverbal Communication

Demonstration of empathy and emotional intelligence can be done through words and nonverbal communication. Here are some ways to enhance empathy with people around you through the use of nonverbal communication:

Practice active and engaged listening – During any conversation, irrespective of whether it is with a friend, colleague, loved one, or anyone else, you can demonstrate empathy by practicing active and engaged listening. Avoid multitasking when someone is speaking to you.

Don’t use your mobile phone or stare at your computer while someone is talking to you. Instead, pay attention to the person’s words and the nonverbal cues, and let him or her know that you are listening attentively. Also, use paraphrasing and summarizing while you reflect on the conversation to ensure you have understood what the speaker intended.

Sit next to the person instead of in front of the person – Sitting in front might come across like a negotiation table involving a give-and-take approach. You need that attitude in some areas. However, when you want to demonstrate empathy, you should sit next to the person.

Mirror the speaker’s body language – When speaking to a group, ensure you are using an expansive and open body language. Use hand gestures to connect yourself to the group so that there is a feeling of unity in the situation. For one-on-one conversations, match the other person’s body language, the tone of voice, energy levels and speed of talking. This attitude lets the other person know that you are with him or her the entire way.

Relax your facial muscles – Many times, in our earnestness to demonstrate empathy, and we end up with facial expressions that appear rigid and strict. For some people, showing empathy may not come naturally even if the person is empathetic in the true sense of the word. However, for most people, empathy has to be demonstrated to be understood.

Therefore, you might have to practice soft facial expressions in front of the mirror. Practice the art of maintaining a soft expression on your face and eyes. Learn to smile tenderly. If, nothing else works, remember a genuine, honest smile of understanding is sometimes sufficient to let the person you care about.

Initially, practicing body language and facial expressions might seem like an act. However, it is important that your feeling of empathy is genuine. You are only learning to demonstrate that feeling in a language that is commonly accepted in society. Pretending to be empathetic without feeling any genuine empathy is not the way of nonviolent communication.

How Not to Express Empathy

While human beings understand the power of empathy, we also love to avoid pain. And being empathetic means feeling the other person's pain. Therefore, unwittingly, we end up falling into traps that appear we are empathetic but, in truth, makes the other person feel even worse than before. Here are some common pitfalls that we fall into when it comes to expressing empathy.

Comparing with a situation worse than the speaker's – Our primary intention is to compare the speaker's condition with another one that you believe is worse off. While this approach might seem that we are helping and empathizing with the speaker, in truth, we are, perhaps unintentionally, displaying a belief that their problem is not very substantial.

By comparing with another seemingly more difficult scenario, we are telling them their feelings and emotions are unworthy and invalid. This approach makes the speakers feel that they and their problems are not significant to you which is the exact opposite of what empathy stands for. Therefore, do not compare worse-than-this situations to express empathy.

Telling them to look on the bright side of the situation – When someone comes to us to talk about their problems, one of the most commonly used comforting sentences is to say, 'Don't worry. Every cloud has a silver lining,' or 'Look at the positive side of the situation; you can choose to look at a half-filled glass as half-full or half-empty.'

These 'positive-looking' approaches are effective ways of helping people to find solutions for their problems. However, it is best not to use them to express empathy.

Chapter 22
Different Ways to Overcome Anxiety as An Empath

Anxiety has become a common issue not only for empaths but for everyone. The downside of being an empath is that you will face more anxiety than anyone else and this will make you feel exhausted. The ability of empaths to pick other's emotions up easily is one of the reasons why they suffer from anxiety so often. They become more prone to depression as well. But if you want to maintain a balanced and healthy life, controlling your problems of anxiety becomes essential.

Indeed, words are not the only things that reveal how a person is like. Empaths can feel the energy surrounding a person and this energy says a lot about how the person is or what he/she is experiencing. If this energy is negative and the empath absorbs it, then he/she gets adversely affected. Empaths can even pick on unstated thoughts that are implied by others or even the subtle nuances of meaning. When an empath starts behaving like an emotional sponge, people start to seem overwhelming to them.

In their teenage years when empaths suffer from low self-esteem, things can get out of control if not checked at the right time. The symptoms of anxiety start revealing itself right from the teenage years itself. They get stuck in a cycle of confusion, depression, and intense anxiety. And then comes their 20s when they have to juggle between a lot of responsibilities and the bout of anxiety increases further. But if you have stumbled upon this book no matter what stage of life you are in, implementing the following ways will help you overcome anxiety in your day to day life.

You Have to Remember That You Are Not Responsible for Everything

If you are reading this and you are relating to what has been already said above, then you need to understand one thing and that is – you are not the person who is responsible for anyone else's emotions. Consequently, others are not the ones to blame for your emotions. Always remember that there is courage in honesty and a lot of strength in vulnerability. You can try and

influence someone when it comes to their emotions but at the end of the day, it is always in their hands how they are going to feel about a certain situation. It might take you some time to realize this but once you do, you will be seeing your life from a completely different perspective.

Empaths keep feeling that everything is their responsibility and they keep trying harder to mend things even if no one asks them to. They try to love harder and they try to give more. But this kind of thinking is wrong. Once you realize that the entire responsibility of the world is not relying upon your shoulders, you will feel liberated. Empaths have been tuned in a way that they internalize every emotion they see on their way as their own. But you need to remind yourself at every step that there is only so much that a person can do to help the other person. The rest lays in that other person's hands.

Another thing that happens with empaths is that sometimes they are so busy thinking how to fix someone that they do not realize that the person completely comfortable with his/her misery and does not want to be saved. The moment you stop blaming yourself for everything, you will see a considerable reduction in your anxiety.

Stop Escaping from Your Emotions

When you are growing up and adults tell you not to cry over petty matters, you get used to avoiding situations that make you feel bad. But is that what you should do? No. Quite contrary to this popular habit, you should always try to face your emotions right from your childhood days. Your primary impulse to any emotion in your life should not be to avoid it. Instead, you should be ready to face it head-on. It might sound counter-intuitive to you that as an empath I am asking you to face all those stuffed emotions but when you face them, you will be releasing the pent-up energy inside you in the right way.

When this energy keeps accumulating, it leads to anxiety and panic attacks. Empaths become tuned to repressing and avoiding their feelings as they are too busy with others. But when you do that, you end up in an endless cycle of suffering and anxiety. You might be tempted to run from the situation you are in but you have to learn to repress that temptation and face your emotions. Always think of your feelings something similar to the

waves in an ocean. Just like waves, your emotions will come and go. Nothing lasts forever. But facing your emotions will also help you to grow and learn some important lessons in your life.

When you are trying to escape your emotions, you are just trying to put a Band-Aid on a wound that needs proper dressing. They will only make you feel good for a short period and they will never be able to solve your underlying problem. Besides, implementing negative coping strategies like avoidance only make matters worse. Develop a nonjudgmental stance and study your own emotions so that you can build your coping strategy.

Realize That Sometimes You Might Be Projecting Your Emotions on Others

Learning about what projection means is something every empath should do. Empaths might be acting as the emotional sponge throughout their whole life but they also experience their own emotions quite deeply. For anyone, it is hard to take responsibility for what you are feeling and quite easy to proclaim that you are the victim in every situation. But one of the key lessons that an empath has to learn is to distinguish their feelings from others'. This becomes quite hard as a clear distinction is often absent.

Empaths need to understand the difference between projection and empathizing. Projection is when an empath tries to attribute their own unconscious impulses onto others. For example, a friend of yours had just encountered some very bad luck in life and is grieving because of that. You, as an empath, are empathizing with their situation. Now, you might be thinking that you are experiencing the same grief as them but on the contrary, you are experiencing that kind of grief which you 'imagine' to be your friend's. So, when you are empathizing, you are actually projecting your thoughts and emotions onto your friend.

Projections can often make your relationships complex and are the root cause of a lot of problems in life. Empaths tend to create a lot of stories in their minds, revolving around those projections which are not even true. When these projections start hampering their life, they start becoming anxious. So, what you can do is, stop assuming what a person is feeling and ask them directly. This will give you much better clarity about the situation.

This will prevent you from assuming any stories and you will come to know about the actual truth.

Develop Your Self-Esteem

Those who are empathic and also have low self-esteem are the ones who suffer the most. The bombardment of stimuli that an empath faces on an everyday basis can easily destabilize their mind and amount to confusion. This will push you into a pit of worthlessness and hopelessness. This triggers all types of anxiety in the empath. The trick to coming out of such a situation is to enhance your self-esteem.

Be Aware of Your Body

An empath becomes deeply affected by a person's feelings and emotions not only on a physical level but also on a deep emotional level. In some cases, when the empath starts soaking in the other person's emotions, then he/she starts getting so saturated over time that the symptoms such as headaches, pains, and fatigue are visible. These symptoms get even more aggravated when the empath is suffering from anxiety. So, if you want to overcome your anxiety, you also need to be aware of your body by paying attention to the symptoms.

The most common question in every empath's mind is 'where should I start?' Well, you can start with some common grounding techniques that will help you deal with your heightened emotions, which are, by the way, the most common causes of anxiety. These grounding techniques will help you feel comfortable. Yoga is one of the popular things that empaths try. Develop your yoga routine and start with simple asanas that can assist your body with the whole de-stressing procedure. You can even spend more time in nature and take a walk in the parks as it has proven effects in calming people's senses.

Or, if you are too busy to do the things as mentioned above, then you can always go and get a massage on weekends at some spa. You can also opt for Ayurvedic massages as they are very well known for relieving all the stress and negative energies from your body. If you want to promote the well-being of your body then you need to be aware of the signs that it is showing.

Stop Using the Shielding Technique

The shielding technique is when an empath tries to protect themselves against the negative energies surrounding them. But this is not a helpful procedure in the long term. It might give you some momentary relief but that is only temporary. The main problem with this technique is that it uses the language of victimhood. Portraying yourself as the victim will never help you in becoming truly healed. When you resist the negative energy in your path, you will get into a cycle of pain and fear. You will not attain any permanent healing. So, what is the solution?

For starters, you need to convert your shield into a filter, which means, you need to form a permeable barrier that negative energies will fail to cross but positive energies can. If you keep shielding yourself 24/7, then you will not be able to experience a lot of good things as well. For this, you need to understand that feeling others' emotions to a certain level will do you no harm. If your friend is sad, you might feel sad. The problem arises when you start absorbing unhealthy emotions like utter despair or extreme anger. These starts triggering anxiety and depression.

Another way to do this is to drop your shield completely but also learn how you can detach yourself from malevolent energies. The common nature of empath is to adapt any amount of negative energy that comes their way and make it their own. But that level of surrogacy is completely unnecessary. Think of the situation in this way – You met a stranger on your way to work and that person was in complete despair. Does that same feeling of despair latch on to you and puts you in a foul mood for the rest of the day? Well, that is exactly what you need to change. The solution to this problem is practicing a healthy level of detachment from things that don't matter and can have negative effects on your mental health.

But to practice that detachment, you also need to be rational to some extent so that you can rightfully decide which matters require your attention and which don't. In simpler terms, you should put your non-emotional side in front of you whenever you arrive at such a crossroads in your life.

Chapter 23
Change Your Mindset

I believe that success and happiness are all about our mindsets. It affects everything in our lives, even how we react and handle the world around us. To achieve your goals, you need your mindset to level up with your aspirations.

The Path to Self-Improvement

Your self-talk has a direct connection with whether or not you have a positive or negative mindset. Consider changing your negative self-talk into a full-on empowerment speech. Who better to encourage you than yourself? It'll have the biggest impact.

Your mindset is also a reflection of how you see yourself. If you constantly believe, for example, that you're a slob or a bad worker, you will eventually train your brain into believing and following these thoughts. Through reading, you might be surprised at how quickly you pick up on the author's way of thinking. Look into some literature that will lead you in the right direction and try to avoid dark and heavy reading until you're in a better headspace. Reading is an excellent activity for an empath to take up due to their ability to see how others feel and think. You may find that books help you feel more positive, depending on their genres and titles. Go for self-motivating and happy books and take note of how much your mindset changes by journaling.

Using your environment to exercise your way of thinking is maybe one of the best options for an empath. We tend to forget that there is a lot more out there than little old us when trapped in a certain mindset. You might think you're stuck in the worst situation possible until you see someone else in an even worse predicament than yourself. Nature can be your getaway and "mind cleanser" when you really need it. There is nothing like beautiful scenery to readjust your way of thinking and make you appreciate the beauty of this world and life. As a bonus, sunshine is fantastic for a natural mood-booster. Once your head is clear again, you can carry on with your self-improvement journey. Sometimes all we need is a bit of a break from

our own minds in order to get back on track. There's no better break than a walk-in nature. You could even take that book along.

Surround yourself with people that have your desired mindset and try to celebrate your small daily achievements in life; it will lead you to accomplish many more.

You Are Good Enough

Trust me, everyone on the planet has had a moment where they felt like they weren't good enough. Worse than that, I believe all of us have let the words and thoughts of others dictate how we feel about ourselves. No one can make you feel that way if you do not let them. Ultimately, you are in charge of your feelings and thoughts. Do not let anyone take that away from you.

A perfect example of what can make us feel like we're not good enough is the opinions of others and that little voice in our own head.

Shut down your inner critic. He's not doing you any good. You can talk back. The moment that little voice starts nagging at you about something that makes you feel inferior, shut it down. By shifting your focus onto something else or just simply saying "no," you are training yourself to recognize your self-worth. Make a list of what boosts your confidence on those days that you just aren't able to get rid of that voice. Perhaps you should consider saving or writing down messages that someone said that put a smile on your face. If they're truly worth it, stick them up somewhere you'll see them often, like the bathroom mirror.

It is so easy to compare ourselves to others daily as we always want to be the best that we can be. The hard truth is that there is always going to be someone better than you. There will always be someone smarter, faster, or more attractive. You need to make peace with it or it will eat you up inside. You don't need to be better than everyone else. You only need to be you. Trust me, being you is a pretty great thing. Being the best, you are what is important, not being better than someone else.

Social media is one of the things that is a major cause of people not feeling good enough about themselves. Many of us have at least one social

media account and it is incredibly difficult to avoid, particularly since they are designed to be addictive. We so easily compare ourselves to a picture-perfect life online while completely ignoring the fact that we all have our flaws and rough days. Just because someone is more likely to share their fun and exciting days online doesn't mean there aren't bad ones, they don't show you. Let go of the unrealistic idea that everything is perfect for anyone who isn't you.

Do things that make you happy and make you feel good. Compliment that stranger on their shoes if you want to. If you make them feel good, you're bound to make yourself feel even better. I don't know about you, but I love making other people smile. Just be kinder to yourself and know that being human is about being flawed. It's not something to put yourself down over.

Stop Procrastinating

Oh procrastination, how much more would we get done without you in our lives.

I'm going to tell you, my humble reader, a secret. If you want to make changes in your life, it's up to you to do it. You need to put aside all those reasons not to because in truth, there really isn't a reason at all. Stop procrastinating. Make the changes.

Aim for your desired direction of change and go for it. Choose the fruit salad over those biscuits that are seductively whispering sweet nothings in your ear. Cut off that toxic person that causes nothing but upset in your life. These are some of the most important first steps into realizing your full self-worth. You know yourself better than anyone, even if it doesn't always feel like it. If you want to do something or your mind is telling you to do something, there is probably a good reason for it.

Of course, this is not as easy as it sounds; it requires hard work and dedication. To start off, pick one personal change that seems most important to you and aim for it. Remember that even baby steps are better than standing still. Write down your progress to keep yourself motivated and to be able to reflect on how far you've come. Be patient. As with all good things in life, it will take time to make these changes, so don't get

discouraged when things don’t happen immediately. Nobody else will be able to take the first steps for you, but once you begin, you’ll realize how much you’re worth it.

And believe me, you are worth it.

Discover If You’re an Empath with These Questions

The following questions are designed to make you eliminate doubt that you are indeed an empath.

- Do you walk into markets and feel overwhelmed?

For most people, walking to the market is a seemingly enjoyable thing, but when it comes to an empath, they might become terrified of it. This is because walking in the market will bring them into contact with many people, and considering their ability to absorb other people’s energies, they will have a hard time of it as they absorb the (mostly) negative energies of other people.

- Do you meet people and immediately recognize something personal about them that they have never told you?

Some empaths have intuitive power that shows them even hidden stories about certain people. For such people, they will meet someone and then become aware of something that no one has ever shared with them. It may seem as though they are dreaming or out of their minds but they very sober and their intuition is on point.

- Do you meet someone and instantly become unwell?

Empaths are highly sensitive individuals and they can usually perceive someone who means to harm others.

- Did you witness any strange phenomena as a child?

Most empaths report having seen some weird phenomena like ghosts, alien ships, angels, and imaginary friends that they even held conversations with. Empaths tend to have a mysterious life that they never reveal to most people.

- Do you sense the energy emitted by buildings?

An empath can be able to tell whether a building has bad or good energy. They are intrinsically aware of how good buildings differ from bad ones. Also, empaths can perceive the energies of the latest inhabitants of a building and use that as a gauge.

- Do people call you antisocial?

If you have seen someone go without friends for the longest time, there's a chance that that person is an empath. The empath wants to have a tight-knit group of friends, but not socialize as a big group. This is because socializing in groups exposes the empath to the energies of many different people which drains them of energy.

- Do you notice the small things?

Most people tend to notice superficial qualities either in things or other people, but an empath goes a step further, noticing the particulars. For instance, an empath will not only remember that you had a pocket square but also, it's color, the style you had used, and exactly where it was pinned.

- Can you read people's minds?

An empath could be speaking with someone and see the range of things that the other person is thinking about but not saying. If the other person is putting on a pretentious face, the empath will still know. Empaths have an innate ability to sniff out people who like pretending.

- Do other people open up to you quite easily?

For the most part, an empath minimizes their interaction with other people. But when they decide to socialize, they find that they are magnets for people that are looking for a savior. People seem to think that empaths have the answers.

- Are you good at bursting liars?

An empath doesn't have to follow around someone to be sure that they are telling lies or the truth. All an empath needs to do is take one long look into your eyes and decide whether you are telling the truth or lies. Empaths tend to catch a lot of people telling lies, unnecessary lies, and the empaths are usually not amused. It worries them.

- Do your friends complain that you are too sensitive?

You have been a sensitive kid since you were a little person. There are many things, mostly negative, that stimulate you. For instance, a violent TV scene could wreck your mood. The pronouncement of a wrong word could shock you.

- Are you awesome at spotting fake people?

An empath is good at sniffing people who are trying to be what they are not. They can perceive the emotional and mental makeup of these fakes. An empath tends to get frustrated by such people because they are liars and also not very creative.

- Are you particularly compassionate?

Compassion is a rare quality among humans. But empaths seem to be another species altogether for their compassion knows no bounds. They will stop to help anything or anyone that is in need. Empaths seem to hope that other people can be compassionate too but they end up frustrated.

- Do you experience another person’s feelings as if they were your own?

This is the classic quality of an empath. For instance, an empath could be seated alone, enjoying their favorite movie, enjoying a balanced emotional state. Then someone else joins them and all hell goes loose.

Chapter 24
How to Get Rid of Toxic and Negative People and Negative Energy

The phrase ‘toxic people’ refer to people who are most likely to destroy you and bring you down rather than help you grow. Negative people refer to persons who have a pessimistic view of life as they selectively look at the negatives in every situation and overlook the positive. Negativity can be transferred from one person to another, and it affects the level of success of an individual. Negative persons are also found to possess negative thoughts. When a person is surrounded by harmful and toxic persons, their ambitions die and they start losing focus on achieving their goals. To keep off negative persons, you need to be aware of the qualities to watch out for.

Negative people are subject to negative thought processes. According to cognitive theories, the thinking patterns and the values we place on ourselves have a direct impact on the way we view the world, ourselves, and others. If our beliefs and thoughts are pessimistic, we are bound to suffer mentally and emotionally with a high risk of incurring mood and anxiety disorders. Negative people have constant self-defeating beliefs. These beliefs are their values, the attitudes they possess, and their personal views. The beliefs can either be interpersonal and intrapersonal. Interpersonal beliefs affect the way we view ourselves, while interpersonal beliefs affect the way we look at other persons. Interpersonal beliefs relate to concepts of fear of conflicts, submissiveness, and blame. Intrapersonal mindsets are held on the person, and they fall underachievement, approval, and perfectionism.

Negative thinking patterns, also known as cognitive distortions, are thoughts that occur in our minds, especially in challenging situations. For example, if you believe that you have to do things too ideally and someone gives negative remarks about your project, negative self-defeating thoughts will start occurring in your mind. The person might start thinking that they are not good enough or start comparing themselves with others. Challenges we face in life trigger negative thoughts that may result in overthinking and exaggeration of the situation. The magnification of the person's current state

makes it more difficult for the person to overcome the challenges they are facing. When encountered with such challenges the person starts viewing themselves in the light of being a failure. The person may also result in seeking possible causes that take the person to place the blame on internal or external factors. With the negative thought always incurring in the person's mind their self-worth is affected. The person is also at risk of suffering from mental illnesses.

Toxic Relationships

Toxic and negative people are bound to infect you with their negative outlook on life. Their thoughts highly influence the behaviors of a person.

When in a relationship or friends with a toxic person, your life is chaotic in many ways:

You are always fixing a person's endless problems. Toxic people are attention seekers, and they will want to have others involved in sorting out their issues that seem to occur more often than normal. Some of the problems are of their creation as they attempt to have people around caring for them.

You are not comfortable with your own life and your progress in your goals. Friendship with toxic persons can ruin your life by diverting you from your purposes. The person demands all the attention they can get from you. If you are not cautious, you will set aside your goals and live to satisfy the person's demands. The negativity of the person can overcrowd your positivity draining you off your positive energy.

You feel exhausted following interaction with them. Toxic persons are tedious to deal with. Their constant demands will drain you physically and emotionally. You will listen to the person to complain about the least significant issues. Their views of others, and life in general, will haunt your intelligence.

Having them around fills you with anxiety. When you have a toxic person in your life, either family or close friend and you do not want to isolate from them, you have no choice but to tolerate them. You will experience anxiety when you are about to meet them because you would

rather not. As you anticipate their behavior and attitude, you can’t wait to get it over with.

You feel drained from their constant drama. Toxic people enjoy causing a scene as it draws others' attention. Whenever you are with the person; you are sure at some point they will overreact, causing others to focus their attention on you. If you are a nontoxic person, the experience will not be as thrilling. You will avoid interacting with the person especially in a public setting because you do not want to be caught up in their drama.

When you are with the person, you feel as if you are out of touch with your being. You are either pushed around too much or reacting by controlling the toxic person. Toxic people have the habit of being too pushy. When you are driven to the edge by their persistence and demands you will result in acting too controlling to prevent them from pushing and dragging you around at their free will.

You also feel overly self-conscious and cautious. When in the company of toxic people, you can't predict what to expect from them. Their behaviors are rather shameful to an average person. You always feel like you are walking on glass.

Managing Negative Thoughts

Personal views and beliefs held by a person are a result of life-time experiences. Our beliefs are influenced by the environment we grew up in and other societal factors. Changing personal beliefs is a challenge because they make up or being. A person can't see any faults in their belief systems. Thought patterns are not easily notable either.

A person can manage negative thoughts in the following ways:

Start by consciously acknowledging the negative thoughts as they occur in your mind. When facing challenges, you will note your thought patterns shifting from solution seeking to self-defeating thoughts.

Once you have identified these negative thoughts, you can easily challenge them. Challenging our ideas involves trying to find enough evidence to support our conclusions. In challenging negative thoughts, we learn to introduce rational questioning in them. We look at the evidence in

terms of the credibility of the source of this evidence; is the evidence we are basing our conclusion on credible? How trustworthy is the source of the information on which we are basing our conclusions? Are there facts supporting the evidence? Are these facts accurate? The answers to these questions will help us in passing judgment on the validity of our thoughts. Thoughts that are not substantiated enough should be discarded.

The next step involves replacing the negative thoughts with more positive ones. By embracing the positive thoughts and letting go of the negative, the person is effectively able to train the brain to focus on positivity. The challenging of negative thoughts might seem difficult to follow through but over time it becomes natural for the person. People who have adopted Socratic questioning are always questioning the validity of their conclusions on decisions, and it helps them in effective decision making.

Effective Handling of Toxic and Harmful People

As we saw earlier, the effect of having negative and toxic people in our lives is quite significant. The tension, anxiety, and stress a person experiences being around such people could result in someone ultimately killing any form of connection with them. Dealing with negative and toxic persons requires high levels of self-awareness. The person needs to be aware of their strengths and weaknesses, what they can deal with, and what they can’t handle and their limits. Below are some tips on how you apply intelligence in dealing with negative and toxic persons.

In dealing with toxic people and negative people, you will have to set limits with them. A negative person will always seek to have all your attention focused on their endless problems. The person is not necessarily looking for a genuinely healthy relationship. They want to get you involved in their lives for their satisfaction. However, you do not want to be part of their unproductive talk neither do you want to come out as being rude and cause resentment. To avoid being swallowed up in their neediness, do not entertain them. Make the person talk about something of genuine concern by asking questions regarding the solutions they feel would work best in getting their issues fixed. Most often, the person is not out to get the problem they are sharing addressed, and they will have nothing to say on

the topic. When they realize that you are not as inviting and you do not engage in non-productive talk, they will avoid engaging you.

When engaged in an argument with toxic and negative people, they will cause their endless attention-seeking drama. They will raise arguments on baseless issues. You do not want to get drained while trying to argue your point with someone who shows the least of logic. Choose your battles wisely and pick those which you can win without getting yourself worked up or incurring negativity energy. Remember you there is no trophy for the winner. Let the dust settle down and get your point across when the appropriate moment comes.

Avoid getting emotionally involved in a person's actions and behavior. Let it pass and apply logic rather than emotions. When the person wants to engage you in some form of competition, keep your feelings off it. The person will get emotional and if you refuse to get emotional and instead apply logic, the person will quit acting out.

Be watchful of your emotions when engaging with a toxic and cynical person. You are only responsible for your actions and behavior. The person will do as they wish but your reactions to their practice will either encourage or discourage the person from pursuing you. Avoid acting on impulses and let the moment pass. There will be a better time to act involving fewer emotions. If you get your feelings get in the way the drama will escalate, and this will derail your focus.

Set up boundaries and stick to them. When you have interacted with the person more than once, you will learn their way of thinking, and you can predict their behavior. They are times when the person is more prone to cause chaos which you can rationally avoid. Interact with the person when they seem to be more stable and, in an environment, where they are remarkably less like to act out. It will save your friendship and keep you from getting worked up override the person's behavior. If you are always involved in the person's drama, they will affect you mentally with their negative energy, and you might become part of their drama.

Do not allow anyone to determine your emotions. Everyone wants to be happy, do not let others disturb your pursuit of happiness. Avoid absorbing other person's emotions by sticking to logic. Negative people will criticize

you and make all sorts of derogatory remarks to get you upset. Try to avoid this getting to you. You know who you are and both your strengths and weaknesses. Others telling you what you already know should not bother you. Do not spend much time trying to determine and prove if the person is right or wrong in their remarks. If you take more time to argue out or validate your points, such criticism will get to you affecting the way you view yourself and eroding your self-esteem.

Important to note is that when a person is trying to get to your negative effects side, they will exaggerate their remarks to be nowhere close to what they claim. You can’t control their thoughts and opinions but you can take charge of how such comments affect your life.

Chapter 25
Finding Empathic Joy

When you purge negative energy from your life, you'll want to fill the void created by that negativity with sources of sheer joy and positivity. You may feel the impulse to turn to vices or addictions at this time, but below you'll find healthier practices to invest in. Choosing these things over alcohol, adrenaline rushes, or sexual gratification will pay off in the long run, as they will nourish positivity inside you, rather than draining your energy or throwing your ego into a state of imbalance.

Plants and Nature

Even if you are not a plant empath, nurturing seeds to growth can help restore your faith in your capabilities, as well as in the magic of the universe.

Spending time in nature can help to foster spiritual awakening, restore emotional balance, and cleanse emotional contagion from your energy field. It is also an effective cure for loneliness, reminding us that walls are human constructions, and without them, none of us is ever truly alone.

Animals and Children

Empaths can sometimes get a natural high from spending time with animals or young children. These spirits resonate with ours in a way that many other adults cannot, since they rely so heavily on empathic knowledge to navigate their way through life. They can make us laugh, remind us to release our inhibitions, and show us that we are unconditionally loved.

Creative Expressions

Without expression, an empath can quickly turn into an emotional powder keg. Whether creativity is your life's great passion, or you struggle

to find a form of artistic expression that feels comfortable for you, your empathic energy can always benefit from trying to channel a message through an artistic medium.

There is no right or wrong form of creativity to embrace, nor do you need to exhibit any particular skill or talent to get a lot out of it. The goal is to enjoy the practice, or get some sense of catharsis from it--if you're lucky, you'll be able to kill those two birds with one stone. Try as many different forms of creative expression as you can, but if you need some guidance in deciding where to start, then knowing your empath type might help to steer you in a promising direction.

If you are a plant empath, you may want to consider acting. That might sound irrelevant, but gardening and staging a play utilize a lot of the same skills. The plant empath might enjoy this opportunity to express themselves to an audience without having to endure a lot of back and forth, exerting total control over their scene work. As in a garden, on stage, the actor works to plant the idea of a world or story within the audience and nurtures the concept until it grows fully realized. As in a garden, a thousand little energies need to work in perfect synchronization to achieve the desired effect; and ultimately, the result, though beautiful, is temporary. Acting is a form of art that lives.

If you are a physical empath, dance is a fairly obvious choice. Physical empaths run the risk of putting too much focus on the bodies of others, failing to attend to their own needs. Dancing will help the physical empath to stay grounded in their own body while releasing tensions and expressing emotion. Circus arts can also be therapeutic for the physical empath, as they aim to express the inner self through larger than life gestures. Many circus arts require an enormous focus on proprioception, which is the mental map you hold of your body's shape, size, placement, and movement when you have no access to a mirror or spatial place marker. Again, physical empaths can easily lose their sense of proprioception by channeling so much energy into understanding other people's bodies rather than their own. To test your proprioception, close your eyes and stretch your arms up over your head. You can wave them around or shake them out to release tension, but then, with your eyes still closed, try to find the tip of your nose with your pointer finger. If you missed the mark or hit yourself a little harder than you

intended to, your proprioception needs some work. For a more challenging test, stand sideways by a mirror, close your eyes, and lift one leg until you feel that your thigh bone is about parallel to the floor. Now open your eyes and check your alignment in the mirror. How did you do? Proprioception can be enhanced through all kinds of physical activities, but yoga and dance are particularly useful because they focus on kinetic balance.

Geomantic empaths might find sculpture, woodwork, or stone carving to be both meditative and a dominant form of creative expression. Working with these mediums requires both force and a gentle touch, as the materials can sometimes be fickle, stubborn and delicate. They may also be drawn to metalsmithing or jewelry design with healing crystals and precious gemstones, which carry incredible amounts of stored energy from the earth and universe. Did you know, for example, that all of the gold on this planet fell to earth inside of meteorites over three billion years ago? Or that glassy, rare moldavite was formed in the heat of a sudden impact, and thus can be seen as a physical manifestation of a historical, cosmic event? Geomantic empaths are especially encouraged to use fire and heat to mold and shape precious metals or other materials, as this practice will help them to feel deeply connected to the same creative forces that shaped our universe billions of years ago.

Animal empaths are likely to enjoy singing or other forms of musical expression, as it makes use of many of the same non-verbal elements that are used to communicate with animals, while at the same time articulating some distinctly human concepts, such as the structured order of rhythm or harmony. Music speaks to universal emotions and is a powerful tool for the misunderstood to use when they need to feel heard and valued. It has been proven to be physiologically and psychologically beneficial for humans to listen, and even more so to perform in chorus with others. In recent years, several scientific fields have experimented with the effect music has on animals, finding that some species like birds and cows can appreciate human musicality. Cows produce more milk if they are made to listen to relaxing tunes while grazing and milking. Some species like cats appear uninterested in human music, but songs that are written to suit their sonic range and preferred tempos better will catch their attention. Elephants are particularly musically inclined, able to play instruments that are specially

designed to be played with the trunk, and sometimes able to hold a steady rhythm better than a human drummer could!

Emotional empaths, being the most common, will enjoy many different creative mediums, but painting, illustration, poetry and prose writing seem to resonate exceptionally well with this type. These forms of expression help to translate the intangible into a precise, well-defined, permanent medium, which allows the empath to release their internal emotions indeed.

Join a Group with a Unified Goal

Since empaths can pick up on so many energy levels, they may find their energy fields frequently disturbed by a sense of constant conflict. At any given moment, every person on this planet wants something, is working towards a goal of some kind, and whether these goals are large or small, they are often in conflict with one another. Tapping into this reality can be exhausting for empaths, or in severe cases, a catalyst for depression and feelings of hopelessness.

To combat these feelings, you may find it extremely useful to join a group that meets regularly to work towards a common goal. If the group is well managed and its members mostly have honest intentions, this type of harmonious atmosphere can help to restore your energy and faith in humanity. Joining a singing group or choir can be especially useful in achieving this goal. You might join a church or faith-based organization. Sports teams can be great, but if the sport is hyper-competitive or has a violent nature, it may not be very therapeutic for an empath. If the group is building something together without any need for internal competition, it will help you to feel powerful, valuable, and held up by the world, rather than lost in its aether or at odds with it.

Be careful of any group whose only goal is fundraising. Even if the cause is incredible, environments that are primarily focused on money are not ideal for empaths. Money is a physical representation of power, and we empaths don’t enjoy taking power away from others, nor are we inclined to hoard more of it than we need at any given time. These environments are likely to awaken an anxious or stressed response inside of us, rather than bringing us joy. There is nothing wrong with fundraising or earning money

honestly, but empaths are not naturally good with money, so our energies can be put to better use elsewhere.

Physical Manifestation

As an empath, you may suffer from mental or emotional overload. It can be overwhelming and exhausting to keep so many of your own emotions balanced inside you while warding off negative energies from external sources and allowing positive and neutral energies to flow through. To stay focused, present, and firm in your sense of self, you must adopt the practice of frequent physical manifestation. That is how you will regularly project your rich, complex inner world into the physical realm. It may be as simple as making a daily list of gratitude's, desires, or personal priorities; it might be a more abstract and creative form of manifestation, like painting the things you see in your head when you close your eyes, dancing to express feeling, songwriting, collage, or any form of expression that appeals to you. Some empaths prefer manifestation rituals that involve crystal healing, celestial alignment events, or prayer to divine deities.

It may take some experimentation and practice to find a manifestation ritual that works well for you, but if you work diligently towards this goal, you will eventually find yourself much more energized, balanced, and emotionally stable. Think of your mind as a kitchen counter; to cook anything efficiently, you need enough clear and clean space, your ingredients easily at hand, and a plan for how you'll chop, mix, season or heat them all. Physical manifestation is a way to clear all the unnecessary ingredients from the counter, layout all the cookware you'll need close at hand, and highlight the relevant recipe. It's a way to set yourself up for success, so even the challenging parts of life feel easy to manage.

Forgiveness

Forgiveness is neither a word nor a concept to take lightly. Studies in both psychology and neuroscience have proven that it can have an impressive beneficial impact on both the person granting forgiveness and the person who is forgiven, reducing overall stress levels, lowering blood pressure and improving auto-immune function for both parties.

If you are an empath, there is a high probability that you have been deeply hurt in past relationships. You may find yourself struggling to move on, to stop caring, or to let go of angry feelings. That is natural, especially if the person (or people) who caused you pain has not done anything to express remorse. Still, forgiveness isn't about justice (which might be why some empaths struggle with the concept since we tend to value fairness very highly); forgiveness is about releasing negative energy and making space for joy. Don't ask yourself if this person deserves your forgiveness--instead, ask yourself if you are ready to let go of the weight of your anger, pain, and hurt feelings. Ask yourself if you are prepared to move forward.

Chapter 26
The Overall Experience of a Person's Empathic Healing

A wider and acceptable phenomenon shared, observed, experienced, and being told about empathy is that it is both a curse and blessing to feel everything so deeply that one lives it completely while feeling every bit of it. Empathy itself is not just living the experiences of various people, but it is defined as the act of feeling and understanding what is unsaid and not shown, including the energies people carry with them. These energies that some call vibes and some disagree that these are vibes rather a person's capacity to feel and reflect are not even known or understood by most of the people around, but empathy is the personality trait that is inborn and lives within a person's instincts to observe other people's innermost thoughts and feelings by not only knowing them but also feeling as they feel. Empaths are majorly known to be the silent observers of the world and what is in it, and they are not keen and sensitive about the humans only, but they are also close to mother-nature and its other creatures and creations. They are highly the people of nature and its essence.

Empath Healing Experience of a Person

Empathy itself can be called a personality trait and a disease as well. Taking it into consideration in the latter sense the description seems to be that feeling other people's emotions and reflecting with their strong feelings leads a person to get sick in terms of being more emotionally sensitive and physically caring that he or she is lead towards hurting themselves in ways of torturing their mental health by focusing so much upon everyone's problems and pessimist sides of life. Empaths in their own body are like those simple and caring people who do not think of their benefit and try to help everyone hurting themselves in the process. Calling empathy a disease is not suitable for some as it does not prove to be a hazardous one that hurts the person's body and is clear and known by the society but still, empathy exists and empaths who are inwardly injured due to things they cannot stop doing or due to things they are unable to understand sometimes in need of someone or something in this modern world to cope up with their inner

battles and struggles. Here is a detailed document on the empath healing experience of a person given below, which can be highly helpful for people of the sort in making their lives easy and getting through this empathetic part of life.

1. To heal from the inner injury of empathy, the first thing to do for an empath is understanding that one is not responsible for other people's hurt and emotional or physical downfall condition. Being an empath, one must know how it works with feeling everyone's pain and emotions. It is as one is living with these and wants these to leave the person in complete peace. Sometimes it happens that the person suffering from certain problems and pain does not work enough to get out of the situation, but the empath who suffers and tries his best to help the concerned person works more than the other, and when he or she does not reach the satisfactory point the keeping away the problems or pain they take it as they are not doing enough for the concerned person. In this case, the empath needs to understand it completely that he or she can do in boundaries, it is not their responsibility to make everything fall into place, and it is not their mistake that someone is not getting out of an unwanted situation, one can try helping them and guiding them as must as possible but cannot change the reality. It is often the case that the caring nature makes one blind about the fact that they cannot force a person to fix themselves if they do not want it or work for it. If they do not want to be fixed, one cannot bring them to the better side of life no matter what, and it is okay.

2. The second thing an empath needs to learn is getting away from the pain they feel is not an answer or a way to deal with it. One can never run away from a thing and cure it or cope with it or learn to mold it or deal with it. It seems counter-intuitive to get into the pain one is trying to get away from, but it is the right way to deal with it. Getting into the internal pain and emotional hurt that destroys inner peace and mental health needs to be understood first, and after that, it needs to be released. It is like a spring if you keep pushing and do not leave a tip for sprinting it up, it will not let you be in peace; instead, it will make you struggle more to keep it down. When a person is preoccupied with running away from the pain, repressing the feeling, and avoiding the situation, he or she is giving leverage to this pain to get into the mind and senses more. The empath needs to sit down,

relax, feel everything he or she is running away from, feel the fatigue, think of the confusion, and consider the anger that is built up inside. This is the first and foremost step to take to get away from what is the real problem and to understand the ways of dealing with all this confusion, hurt, and pain.

3. The next step towards healing an empath is significant for every empath who tries to heal from the pain they experience, and it is that one needs to understand the fact which is quoted as it is not always someone else's pain that they are feeling. Is it easy straightforward to state that a person is feeling another's pain and that is the sole reason he or she is suffering from the internal battle or hurt and unseen struggle but the to ponder here is that the concerned empath needs to relax and think of where is the pain they are feeling from? Is it of someone else, or is it their pain. Most of the time, the suffering individuals do not think of this before projecting the blame over feeling someone else that it can be them who are feeling low and going through a depressing period. A key feature is going through the healing process of empathy is detecting and distinguishing between their pain and the others' to deal with both on their levels. It is the base consideration to heal from this pain and get the hold over it.

4. The next point to consider by an empath healing is the acknowledgment of the fact that low self-esteem does not work well with the healing process. One needs to boost up his or her self-esteem to recover from the inner struggle and suffering they are going through. An empath with a high level of self-esteem compared with the one who has a low one makes it crystal clear how the healing process is boosted up with this level of understanding. A person thinking himself to be worthless and unlovable is quite a common thing, but empathy is confusing. These feelings of worthlessness and hopelessness when combining with the facts that one cannot help another person through tough times increase this state of self-hate and underestimation. In other words, the pessimist thoughts of someone about themselves in empathy prove to be one of the major reasons for suffering. The more love, respect, trust, hope, care, and affection one builds for himself makes it better day by day to heal from the empath hurt one goes through. The same way there are feelings of hatred that make one think that it is empathy that makes them so less valuable and make them

feel more than needed which ends up hurting them so much in life that they become unstable in leading it and the empaths start saying “they hate being an empath” and “only if they could feel less” etc. This situation can also take the person into another stream of thoughts confusing and hurting more, and this too needs to be overcome through acknowledging the reality that it is not empathy or anything that makes anyone less important, the importance of a person remains the same no matter what and not being able to help someone does not make one less important or worthless as a human cannot do everything, one can only try to help others, and that too is a great activity to be understood.

5. There is a clear difference between having empathy & being an empath, & yes, it is loud and clear. The idea of being an empath is that one is an empath one. He is empathetic, and normally, it is understood feeling sorry for someone and being able to be there for someone when they need because one cares for them and understands the situation they are in. To the common understanding of being empathetic is the same and this is what being an empath is but having empathy is more than just that; empathy is beyond the idea of just feeling what others feel, feeling sorry for them in a bad situation and helping them in need; it is rather the broader idea of standing in the shoes of the other person and understanding what they go through, how their actions reflect their emotions, how strong is their energy that reflects the empaths, it is the ability to look beyond the façade of pretentious actions, understanding their behaviors, beliefs, situation, and values and grasping the things from their ends. Having empathy is deeper than one thinks and bigger than one imagines. The difference is no one can see it, and it is just to be felt. The empath and others need to understand empaths do not equal empathy, nor do they both make a person go through the same struggle and make him needed to be treated the same way.

6. Empaths usually are told to do shielding as to save themselves from the energies around. Shielding is the technique of making oneself durable or building a façade of not having any care about what is happening around by focusing upon the tasks that are needed to be done or by focusing upon themselves. It is like pretending to be immune to people’s energies and their vibes reaching the empaths, but this is not the finishing point of the story as it is to be told that shielding is not an answer to the problem, it may help the empathy for the time being to keep away from the energies, but it

eventually leads to great inner struggle and repressing the real emotions they feel which further leads towards emotional injury and that is what one does not have and tries to be healed from. So the discussion concludes that shielding oneself from the energies for others does not work in the healing process of empathy and the empaths who are trying to get better needs to face their emotional peaks without shielding and try to cope with them which is a long term process, but it lasts long too in comparison with the shielding process. The empaths need to encounter the emotional episodes of empathy and try to work on them by gradually avoiding them with full consideration that it is what is right and what needs to be done without any remorse. It is a time taking process to learn to avoid these energies that hurt an empath the right way, but it is also the most effective one. This is also called the non-attachment technique observed by the empaths in the process of healing.

Conclusion

Empathy (often called sympathy), as a psychic phenomenon, is described as the ability to really imagine the spiritual experiences of others.

It means being able to realize how much the sad or disappointed person is suffering, being in secure connection with a person who has been betrayed or undeservedly offended, or with a winner, a person who has successfully accomplished his task or Empathetic person seems to share same experiences with others.

At first glance, there seems to be nothing more straightforward than experience, since experience shows that our experiences are so similar, if not identical, that it is enough just to remember what we experienced in certain situations to realize how feels the person across. However, behaviors led by empathy are something too rare.

Why is that? When a psychologist involved in a lawsuit against leading Nazi officials after World War II investigating known "crimes against humanity" searched for where the horrifying ability of a person to commit such crimes came from, he found the reason to be lack of empathy, in the inability of a person to sympathize with other people who, for him, turn into mere soulless numbers and figures.

This is an extreme case, but we all know and experience hundreds of similar "small" cases in which we injure or be hurt by inappropriate words, contempt, arrogance, disrespect ... In both examples, the cause is the same - selfishness (i.e. to consider myself the only important and worthy of - for example - sympathy) or at least self-centeredness (i.e., consider myself the "center of the world" that others have to comply with).

How you interact with your family, friends, colleagues, and romantic partners largely depend on your social skills. However, if you want to build good social skills, empathy is one of the things to incorporate.

It’s only human to feel, and in some cases, to help in whatever way we can. Empathy does not always work; it might fail. It plays a vital role in human social lives. In some way, empathy improves our social life. Most

people who experience empathy are more likely to engage in pro-social behaviors, which can be very beneficial to other human beings.

Empathy is defined as “the ability to acknowledge and share the feelings and experience of another person.” In the way of explanation, it is expressed as putting yourself on someone else shoes, feel and understand what they go through and see yourself and the rest of the world from their point of view. You can’t understand why someone did whatever he did or act a certain way until you imagine yourself in his or her position, walk in his or her skin and consider things from his or her perspective.

Empathy is not a thing to everyone; some people can watch through the latest news on terrorist attacks at night and just roll over and fall asleep. Whereas a large percentage of people can’t watch the same story at night since the news brings pain and suffering deep to their hearts and at end, distracting their mind from falling asleep. Empathy is described as "the psychological identification with or vicarious experience of another person's emotions, feelings or attitudes." Note that the difference between empathy and sympathy has to be understood. Sympathy is empathy for someone else who is going through suffering to express comfort, sympathy or sorrow. Sympathy doesn't require the comprehension of somebody's sorrows or how they navigate their lives.

PSYCHIC EMPATH

IMPROVE YOUR PSYCHIC DEVELOPMENT AND CULTIVATE YOUR INNER TALENT. LEARN HOW TO CONNECT WITH YOUR SPIRIT, ABSORB UNIVERSAL ENERGY AND RADIATE POSITIVITY. DISCOVER ALL EMPATH SECRETS

AURORA SULLIVAN & JORDY LUNA

Introduction

Empaths are hypersensitive individuals with high levels of understanding and compassion for the emotions of other people. They connect with others in a deeper sense and are often known to actually “feel” their emotions.

However, many born empaths are not aware of this fact. They believe that what is happening to them is normal and simply accepted the fact that they are sensitive.

The world is full of empaths. People label them as sensitive. Most of them are artists, singers, or writers. Because of their sensitivity, empaths become poets in motion. They are also very interested in different cultures and view them with a wider perspective.

They are everywhere. They could be anyone among your family, colleagues, peers, friends, or workmates.

Empaths are the world’s greatest listeners. Most often, they are the thinkers, the learners, or the problem solvers. Their deep comprehension and understanding of things make them the “wind beneath the wings” of people in their life. For empaths, every problem has an answer and they are always ready to look for one.

Venturing to the far corners of the planet throughout the previous three decades so as to pass on the message of yoga, and find that yoga has impacted the course of human reasoning colossally. At first obviously, there was some uncertainty about it, the same number of individuals imagined that yoga was a sort of religion, black magic or mystery. This especially happened in light of the fact that man accepted issue was a definitive point in the development of nature. The materialistic world didn't comprehend yoga for quite a while, yet as the men of science plunged profound into the secrets of issue, they came to comprehend and understand that issue was not a definitive in the advancement of nature.

In the event that that is so for one type of issue, it applies to each type of issue. This outer experience, the discernment you have through your faculties, is a result of issue. Indeed, even your musings, sentiments, feelings and insights are results of issue. Accordingly, they can't be total and last. This implies there must be another domain of experience. What's

more, if there is another domain of experience, it must be conceivable to rise above the current impediments of the psyche.

The brain is likewise matter; it is certainly not soul. So, the brain can likewise be changed and made to advance. Individuals have started to acknowledge and encounter this over the most recent couple of decades. Also, as I would see it, this denotes the finish of one period and the start of another. For the individuals who know about science and the idea of issue, it isn't hard to see precisely what internal experience is.

An internal encounter is simply the appearance of a more profound degree of oneself. Dream, obviously, is an encounter. Your fantasies might be schizophrenic yet that is your very own declaration self. Thought is additionally an idea or articulation of your own self. A bit of music is a statement of yourself, regardless of whether you form it or simply appreciate it. An artistic creation or figure is an idea of yourself whether you make it or simply respect it. That implies the outside world is an indication of your internal experience. What's more, you can improve this experience to any degree. You can likewise realize disintegration of this experience. When everything is miserable outside, that is your experience of yourself, and if everything is delightful outside, that is additionally your experience of yourself.

Chapter 1
Developing Psychic Abilities

Get started on the road to feeling empowered and confident in yourself! Remember, even the most experienced or naturally gifted psychics didn't start their journey with complete confidence and power; they had to practice often to gradually increase their abilities. The key is to believe in yourself and stay relaxed. Trust in your ability and intuition, even though, if you've been raised to ignore it, it may feel silly at first. Keep noticing subtle things you sense. Additionally, keep in mind that you should keep practice sessions relatively short, no more than an hour, as longer sessions are unnecessarily draining and exhausting, and you can't be expected to keep your focus that long. Once you've lost your focus, concentration, and grounding, any practice you attempt will be ineffective.

One great technique is writing down potential psychic messages. Try keeping a journal of what you think may be clairvoyant, audient, sentient or cognizant premonitions. Keep track of these recordings and see if anything ever becomes of them – if they're relevant at all. This is an excellent technique for beginners because you can sort out the random bits and pieces from actual psychic messages, and you can start to piece together what a prediction or premonition actually feels like. It may help you to write down how you felt beside each potential message as well.

This can't be reiterated enough. Practice every day. This may sound daunting, but if you keep it up, pretty soon it will come naturally, and you won't even notice you're doing it. Now, if you miss a day or two or more for whatever reason (illness, feeling emotionally drained, etc.), don't worry! Just pick up where you left off and keep testing different techniques and tools. It's not something to panic about if you haven't practiced in a while, you won't lose "the gift" as we all have it, just as your muscles won't deteriorate if you don't go to the gym for a while. This is just to tell you the best and most effective ways of developing your gift's power.

Another highly effective tool is Meditation. We'll go over it more thoroughly in this part, but we'll touch on it now as it is one of the main tools and techniques for developing your psychic intuition.

If you're practicing daily, try incorporating ten to twenty-minute meditation sessions into your daily routine before you try to interpret anything. This will clear out any emotional blockages, thoughts, worries, or distractions you may have both relevant to psychic practice or about your daily life. It also connects you to a higher plane where your spirit guide(s) and psychic energy reside. Connecting with your spirit guide(s) during meditation will also help answer any questions you may have, as they will help you. Meditation empties the mind to help you focus on the spiritual task at hand. For more information on meditation, meditation techniques and spirit guides.

Psychometry is also a really easy technique to try. The word may sound complicated, but all it means is reading the energy of an object. Just pick something up that has some meaning you know, like a family heirloom to start, and focus on the energy coming off of it. Clear your mind and see what comes up. Don't force any images, just let them flow. Once you've practiced like this a few times, try transitioning to an object you don't know the history and meaning of. Go to a thrift store and buy an old silver knick-knack or item of jewelry. Or you can ask a friend to lend you an important item of theirs or their family's without telling you the history and meaning behind it. This way, it's likely to be more effective as you can do the reading in front of your friend, telling them what images, words or feelings come up, and they can tell you whether they have any relevance or accuracy.

Notice certain symbols that reoccur in your premonitions. If you've done any preliminary research on prophecies or predictions, you'll probably have stumbled across some sort of symbol guide –for example, things like red means love, 13 means bad luck, green means wealth, etc. However, what you should know is that there are no universals! Symbols are different for everyone. Tied to the journal idea is the idea to try and keep tabs on what certain images, colors, or numbers tend to symbolize for you.

If possible, surround yourself with like-minded people, such as other psychics or people on the same spiritual path as you. If you find people on the same vibrational level, your energy will rise, and this will help you thrive spiritually. Thus, growing your psychic ability. It's also nice to have positive reinforcement from your peers. If you don't know anyone in your life with a similar idea of spirituality, try finding some online. Different

groups or forums on social media can be just as helpful as face-to-face advice and conversation. You can even look up if there are any local groups where you live that you can join and take part in. Try looking for a group with a mix of experienced and beginner psychics. That way, you can get advice and ask questions of the more experienced members while not feeling too intimidated as you have other beginners to practice and compare notes with. Whether online or in your life, it's important to have positive support from like-minded people

Spending time in nature is also a stress reliever to help open your mind. Some of this may just sound like basic life advice that doesn't have much to do with psychic powers, but it's impossible to grow as a psychic if you are stressed and emotionally/energetically blocked. Nature is our roots. Nature was here before us, and it will remain here long after we pass. Walk around and realize that, despite all your worries, the trees will still stand steady. The wind will still blow. The world will not stop. Take in the peace and the ancient energy of nature and let that energy soothe and empty your mind. As discussed, an empty mind is the best way to start a psychic reading.

Ask questions of the universe frequently. Whether you're walking down the sidewalk and are wondering whether you should change careers, or you're relaxing in the bath, wondering if your relationship is working out? No matter where you are and what you're wondering, try to become aware of this and consciously ask the universe for advice. Take it out of the wondering state and purposefully ask the universe, what do I do? How do I figure this out? Get specific. You may not get an immediate answer, but if you wait, a day, a week, maybe a few weeks, the answer will likely deliver itself to you. You need only ask.

If you've been trying these techniques and feel like you're stuck with what to do next, just repeat, repeat, repeat, practice, practice, and practice. The path to developing your psychic powers is different for everyone, but the universal is to remain confident and focused. If there's one technique that feels like it works for you more than the others, focus on that one – whatever is working best to grow your powers.

Next, we will discuss some important tools psychics sometimes choose to use: tarot, crystal ball scrying, palmistry, and tea leaf reading. These are all forms of divination, a way of telling the future. There are other physical

tools and methods that psychics can use but let's start with these four. You will likely prefer one over the others or find a certain method comes much more naturally and is easier for you, providing you with more accurate readings. Don't feel pressure to master all of these; they are just possible methods you can use as a psychic.

If you've ever heard of tarot cards, you may have heard that you can't buy your own deck; one has to be gifted to you. This is a myth. You can pick out and buy your own deck, and it won't change anything. When choosing a deck, try and connect with it – its energy has to click with yours. If the artwork really stands out to you, this is also a good sign that it's your deck. Once you have selected your deck, don't try and do any readings right away. You have to spiritually "break it in", so to speak. One way of doing this is taking each card out one by one, and passing it over smoke. This will cleanse its energy. Then, shuffle through the deck and examine each individual card, taking in any feelings the artwork may evoke. Go for a walk with your deck, sleep with it next to your pillow. It's important to intertwine your energies so that the deck is familiar with you and you with it. When you're just starting, you can do readings for yourself, and then maybe ask a friend if you can practice with them. When doing a reading, you can find a spread you like (for example three cards: one for past, one for present and one for future) and while shuffling/before spreading them out, ask the card a question. It can't be a yes or no question because there aren't yes or no cards. However, it can be as vague or specific as you like. If you are doing a reading for someone else, they may want to keep their question private, but let them know that this may make interpreting the message of the cards slightly more difficult. If you are reading for someone else, lay the deck in front of them and ask them to cut the deck into three piles, then choose the top card from each pile (this is one example of a basic spread. If there is another way you feel you want them to draw the cards, or if you want to draw for them, then go for it, there are many different techniques). When each card is flipped over revealing the artwork, check to see if any of them are upside down (decide first which way will be the right way up, facing you or facing them).

Chapter 2
How Unleash Your Psychic Powers

Think of yourself as a channel for energy to flow into and fill your body. As a receiver for energy, you must put aside your worries, ego, and thoughts. Think of yourself as a mere hollow capsule. You are an open doorway, a place for the energy in the universe to flow through. You will have an easier time achieving a relaxing, peaceful state if you start each meditation with these beliefs.

Leave thoughts of earthly concerns behind when you enter your holy place. You are no longer on Earth. You are traveling to a higher plane of consciousness. You should do this whether you are practicing by yourself or doing a reading for someone else. You will learn to practice advanced psychic techniques that will allow you to accomplish any goal you may have in mind. Whether it is reading one's emotions, viewing another place on Earth or this universe, receiving messages from another world or time, or locating a lost object, you must always begin with a centering meditation.

Psychometry

Psychometry was first discovered in 1842 and has been used for several centuries. It is the ability to read an object by touch. The object has a history that an individual who is centered and open to energy can read. The psychic will center themselves and open a doorway to allow energy to flow into them. The psychic will either place the object in front of them or hold it in their hands. They are feeling for certain emotions or images to reveal themselves. They can sometimes sense what the person was like, what types of things they did, and possibly how they died. It is up to the psychic to tell the individual what they want them to know, being careful to state only what they know to be the truth. No matter how skilled the psychic is, they may not be able to read all objects all the time.

These abilities - holding an object or being in the same room as someone - may seem simple. However, the amount of mental energy and concentration required is never simple. Remembering to keep still and empty is something you must always do. If your mind begins to wander,

you might have to close the door and start over. Hold the meditation as long as you need to feel ready to receive energy.

Automatic Writing

Center yourself as long as you need to. Have a pen and paper ready or use a computer, whatever you are comfortable with. Write whatever thoughts appear in your mind. Soon your conscious thoughts will fade into the background and subconscious thoughts will flow out of your fingertips. Keep writing for as long as you choose or for as long as your thoughts continue. Many psychics who use this method don't know what they have written until they read it later.

Doodling is another form of automatic writing since it is generally not consciously focused. One of the most common doodles is the spiral, which is associated with sacred geometry. It's suggested that if you suffer from emotional problems, you shouldn't attempt to automatic write. Because your frequency is lower due to emotional problems, you are likely to attract a lower-frequency entity. Similarly, if you seem to have constant drama in your life, you shouldn't try to channel. To help you write, it's important to divert your focus, shifting the brain from left brain logical to right brain intuitive. Act as if you are getting ready to write; place pen to paper, then turn your attention to something else. Most people will write something coherent. Messages may be written in a different language or in a writing style unrecognized by the writer, and signed by somebody else.

If you feel comfortable, you will probably find out who is writing through you. If you start to feel the least bit uncomfortable with either the information you are receiving or the entity writing through you, stop. If it feels as though more than one entity is trying to write through you, ask them nicely to be patient and let you get to them one at a time. Be sure to get a name.

Channeling

Channeling is simply receiving images, sounds, or feelings from another plane. Clairaudience is the ability to hear messages from a higher being or plane. The psychic can hear different kinds of voices: whispers or a clear, loud voice, yet no one else is in the room. Clairsentience or psychic empath

is the ability to read others' emotions. Those with this ability can pick up on others' feelings, intense emotions, anger, hatred, or signs of stress. They can expertly read body language. Wherever the empath goes to work, the grocery store, or a party, or simply remains at home, they can read the environment. They can read the feelings throughout the room and know what others are feeling.

Finally, clairvoyance, known as clear seeing, is the ability to see images from other planes. Such people can see the future, past, and present. The third eye is responsible for this ability. Focusing on this chakra will help enhance the images. The images might be sharp and in focus or blurry and cloudy.

Dowsing

Dowsing is searching for knowledge or something hidden from view with the aid of hand-held tools. Dowsing began as a means of finding underground water, which isn't surprising because water is a necessity man needs. What many people don't realize is that it can also be used to find metals or ores, gemstones, oil, gravesites, and sometimes missing persons. Anyone is capable of dowsing with the right training and tools. As with many psychic abilities, children tend to demonstrate a natural flair for dowsing. The tools used are basically an extension of a person's natural ability, allowing them to detect things they couldn't otherwise. Here are some tools used for dowsing:

V Rod : These were once made from forked twigs; now a V rod can be made from any springy material, such as wood, cane, plastic, or metal. The V rod will twitch upward when it detects something.

Angel Rods: Angel rods consist of two L-shaped rods; the dowser holds the rod by the short arm with the long section parallel to the ground. When the dowser finds something underground, the longer sections will cross.

Wand: This is a long rod that is held in the hand and that moves in circular or oscillating movements when it detects something.

Pendulum: A pendulum is usually a crystal attached with twine to a rod where it can swing freely. It can react in various movements and is usually used with charts or maps for distant dowsing.

Extra Sensory Perception

ESP is another form of intuition. The psychic can see the energy bouncing off the cosmos at all times. This ability feels natural, just like breathing. There are different degrees of intuition. An intuitive is a person who can offer advice based on the ability to read the energy in the environment. A medical intuitive is a psychic who can read bodies, whether theirs or someone else's, to determine pain, sickness, or damage. They tune into health problems and heal by using therapeutic massage, reiki, acupressure, or acupuncture. A psychic detective is one who can read energy at crime scenes. ESP is an umbrella term for psychic powers that include telepathy, clairvoyance, precognition, and clairaudience.

ESP was first investigated by J.B. Rhine and his wife, Louisa E. Rhine, at Duke University in the 1930s. Louise worked mainly at collecting accounts of ESP, while J.B. worked in the lab, defining the term ESP and finding ways to test it. He developed Zener cards, which contain the following symbols: circle, square, wavy lines, cross, and star. Five cards containing each symbol were in a deck of 25 cards. J.B. would test a person's ability for clairvoyance by hiding the cards while the psychic tried to guess the order.

Medium

A medium is a psychic who can open their mind and body and communicate with spirits. When a human body dies, the energy within must go somewhere. Many believe that's where spirits come from. These psychics can speak with beings that have passed over and that have a message for loved ones. Most who practice in this field are born with this ability and sense the power from a young age. Voices and feelings come to them effortlessly. Mediums typically channel only people who have recently passed as opposed to people who have been gone for several decades. The Ouija board is a famous form of mediumship that anybody can access. Mediums will sometimes use knocking, rapping, or bell ringing

to talk to the deceased. Mediums will also perform séances by going into a trance, and will sometimes channel spirits.

Readers

Psychic readers are people who use tools for readings. They can use any combination of leaves, runes, tarot cards, astrology charts, or numerology charts. Cartomancy, tarot or divination cards, are used by readers to tell others of possible blockages that could keep them from reaching their full potential. Readers often perform palm readings. They use the lines, wrinkles, shapes, and curves of the palm to tell someone's future. This type of reading requires psychic ability.

Scrying

The psychic uses water or shiny surfaces in which to see images. They can also use mirrors or two-way mirrors. The images provide information that the psychic can use to help the individual employing their services. Scrying is not a clearly defined psychic ability. The way it is performed is based on the psychic's own preference. Nostradamus, a French apothecary and psychic, practiced scrying by staring into a bowl of water to see the future.

Telepathy

This is much like a psychic empath. It is not about reading one's emotions. The psychic can read minds and get information from others without speaking. Many psychics who possess this skill can read every person they meet. Very rarely are they not able to break into the minds of people.

Here is a fun way to test whether you are telepathic. Ask a friend (one you can trust not to make fun of you) to sit in a different room with playing cards. Have them turn each card over, one at a time, and strike a bell as they do so. Your friend must mentally tell you what the card is. Whenever you hear the bell, write down what you think the card is. After you have gone through the deck, compare your list with the actual order of the cards. If you get fewer than 20 right, your telepathic gift is limited. If you score

between 20 and 30, you have average telepathic ability. If you score over 30, you are completely telepathic.

Trance Channel

This is the epitome of using yourself as an instrument for psychic power. This ability requires the psychic to leave their body and allow someone else to enter it. The psychic will be in an altered state and will typically speak in a different voice. They will be speaking as the person who entered their body. This type of psychic ability is very advanced. It takes intense concentration and practice. Psychics either channel spirit guides or entities. Most are entities because they do not have a physical body. Channels can channel highly evolved beings, meaning they can access people who have been gone for centuries.

There are many ways to use your abilities, all of which require starting with meditation to center your mind. Meditation is extremely important. Without mastering meditation, it will be virtually impossible to practice advanced abilities.

“Once you decide to devote the time and energy necessary for learning how to unlock it, you will discover that within you is an untapped psychic power that is more powerful than the greatest wind or highest sea.” – Tana Hoy

Chapter 3
Ups and Downs of Being an Empath

Being an empath is definitely not easy. It is human nature to fear insight and new information. Anything new threatens one's current identity and means opening up more and more. The greatest threat to the ego is its demise in which humans no longer need a separate identity, and are instead absorbed into the sea of oneness.

Empaths get a small taste of this every day, as they are conscious of the many impulses in the world beyond their own. Imagine all of the things people are thinking, feeling, and experiencing. Most of it is kept under the surface in normal living.

Now imagine what it would be like if all of that information spilled out into the environment. It would be like being pummeled by ocean waves or trying to escape a minefield. The stimuli can be painful, confusing, or simply distracting and unnecessary, and doing very simple daily activities can be a struggle.

Many cultures teach that the world is a place of suffering and pain, and the empath's experience of anguish in the universe certainly supports this. Furthermore, empaths can't always distinguish the source of their feelings and can be easily affected by outside situations.

Some empaths become reclusive because they are so overwhelmed. Something as simple as grocery shopping can become an arduous task requiring great fortitude. Even the empaths who are able to manage on a day to day basis will undoubtedly have issues in other areas.

Relationships are a huge part of most people's lives, and impact just about every aspect. Empaths are so attuned to other peoples' emotions and experiences that it can be hard to know how to handle situations appropriately.

Sometimes, they simply have too much information that muddles and overcomplicates things. Having access to others' secrets can leave people feeling naked or uneasy. Being the only one in the room who sees the true underlying dynamics of a situation can be isolative and lonely.

Unhealthy relationships are especially tough, because it is hard to know where one person ends and the other begins. At these times, it is a challenge to act in the best interests of oneself and the relationship, because the empath is acutely aware of both sets of needs. Unfortunately, the awareness of the other person's needs often overwhelms and outweighs those of the sensitive.

Empaths have a nasty habit of trying to solve conflict at the expense of themselves, and will often make changes to appease the other party. They may have been responding to subtle needs automatically for years, and were not aware of it. Sensitives often go out of their way to balance a situation when doing so is usually not their responsibility.

Feeling another person's stress can be so painful that is easier to try to make them feel better than stand their ground and go against the other person's wishes. Besides, there is often an element of confusion in regards to what is right for the empath, and empaths often suffer from disproportionate guilt and a fear or being "selfish".

Codependency is something many sensitives need to work on. If unaddressed, boundaries become increasingly fuzzier and the relationship becomes increasingly diseased. The empath is not helping, only enabling the dysfunction and denying themselves of health.

Healthier relationships can be a challenge as well. People who are loving and well-intentioned simply may not understand, or misinterpret an empath's experiences. Empaths may be chalked up to being too emotional and told to shake it off. Sensitivities may be dismissed (not necessarily unkindly) and alternate explanations provided.

Loved ones may expect things from empaths that is hard for them to give, and be impatient of the sensitive soul when crowds are avoided, or being in a bad neighborhood is almost intolerable. Some may be sympathetic to empaths, but feel helpless as they watch their friend or family member struggle. Empaths usually become frustrated at how hard it is to explain what they feel, and how hard it is to make other people get it.

Empaths may hide or minimize their experiences in fear of being judged and rejected, or fear being a burden to others. Others will simply give up

trying to make other people understand, and will stick to a few people whom they feel comfortable around.

Something very important that you need to be aware of is how your sensitivity may affect your health. Because empaths absorb energy and are often healers, they tend to sop up large amounts of negative energy. They generally take in the negativity faster than it can be discharged, and the result is disharmony and disease. Depression, anxiety, and mood swings are typical empath problems that stem from retaining too many issues in their environment.

Emotional issues can also be rooted in the complex and painful way they go through life. Other symptoms are more physical in nature, and manifest as conditions like chronic pain, chronic fatigue, and fibromyalgia. Unfortunately, it is not unheard of for empaths to turn to self-destructive behaviors like alcoholism, drug abuse, or overeating as a way to numb themselves from the constant stimulation.

Some sensitives become overly intellectual and cut off from their emotions. They learn how to block everything as a way to survive, including their empathic abilities. Work, home, school, hobbies, etc. are all affected, and functioning in one or more of these areas is typical. A seemingly unrelated issue like financial stress could be a direct correlation to the empath’s difficulty focusing and performing on the job.

While reading through this you might think that living as an empath is a huge challenge, and it sure can be. However, it isn’t all bad! The empath’s life is, if nothing else, highly interesting. And it is misleading to portray all of these gifted individuals as miserable souls who never quite get the hang of coping with life, or as people who won’t trust themselves or develop their potential. This is true of some, but there are always those who cultivate their talents and live a fulfilling life.

Sensitive people often have parents or other family members with similar proclivities, and these adults may recognize the behavior for what it is early on. Fortunate empaths will have adults who help them understand and cope with their sensitivity. Even ones who do not have this head start may later in life find peers who are either empaths as well or encouraging to them.

Still others will simply figure it out as they go and adapt well, whether or not they have the words to describe what is happening. And there are always the tenacious who refuse to listen to what other people say and eventually blossom through determination. An empath may manifest as a socially awkward person who avoids crowds, but it could also be a vivacious creature with a lust for life, or a quiet, content, introspective soul.

The word “struggle” has a negative connotation, but it is foolish to assume that struggling is fundamentally unhealthy. In life, stress can be either negative or positive. Negative stress is not constructive, and damages the wellbeing of an individual. Living in a polluted city where cancer rates are far above the national average is stressing the system, and causing disease that could easily be prevented.

Positive stress can be likened to the massive amounts of pressure carbon endures to become a diamond. When people are sore and grumbling after exercising muscles they did not know they had, their pain is a sign of extra strain placed on the system. But this stress is clearly advantageous, and part of a larger plan to increase vigor and strength.

Many serious spiritual practitioners undergo severe ordeals of physical and emotional discomfort to test their stamina. Fasting, sleep deprivation, and exposure to the elements are not unheard-of ways to transcend one’s perceived limits, and discover a wealth of previously unimaginable power within. Likewise, the stress associated with being an empath is not necessarily negative.

Life is full of lessons, and the most valuable ones are often painful. The trials may unlock something deep inside that otherwise would have lain dormant. What appears to be negative stress can be transformed into positive stress, but discretion must be used to prevent unnecessary suffering.

Living life as an empath could be described as both a blessing and a curse. Feeling life on a deeper level gives a greater appreciation of existence, but the confusion and awareness of the world’s pain is definitely thorny. Yet, this description is shallow at best, and does not speak to the treasures awaiting the empath who learns to gain control over their

facilities. Life is a strange, surprising thing and, just when it seems that nothing new can be found, there is yet another discovery.

Being an empath means that you are instinctually attuned to the deeper layers of life, and that you have greater access to experiencing them. Committing to the exploration of such baffling territory can be frightening and overwhelming at first, and you may find yourself longing to be “normal”. Being gifted involves making certain sacrifices, and sacrificing the comfort of belonging to the mainstream will be worth it for the much more satisfying rewards ahead.

Empaths are often natural healers, and can be adept physicians, nurses, midwives, chiropractors, massage therapists, and energy healers. For those with sensitivities to plants and animals, gardening or animal training may be second nature. The arts may be the perfect avenue to express the empath’s experience of the universe. Their access to wisdom gives them insight that can be of use to others, and being a sensitive soul can make one a superb partner, child, parent, coworker, supervisor or friend.

Being an empath means developing an unusual degree of closeness in healthy relationships. The intimacy, be it physical, emotional, or spiritual, is much more intense, and there is a degree of fulfillment that comes from such a close union that can be difficult to describe. These relationships are not always with other people. They can also be with nature, animals, plants, stones, or the universe at large.

Others will answer the call to spiritual studies and find their niche. Not all will feel the need to be open about their abilities, and instead lead quiet, fulfilling lives full of richness. People who live and speak the truth of the universe are far more beneficial to society than all of the wealthy philanthropists put together.

Empaths are especially attuned to the beauty of creation, and their recognition automatically affects the world by raising the collective vibration of humanity to a higher level. So, as an empath you are full of potential — now the task at hand is learning to accept your gift, and transform it into a positive, purposeful way of being.

Chapter 4
Awakening Your Psychic Abilities

Throughout elementary school, people learn that they each have at least five common senses – sight, smell, touch, sound, and taste. All of these senses are crucial in everyday life. That is because they all work together to inform our brain about what is going on around us. However, it is a fact that human beings have far more than five senses.

Apart from helping us to communicate and interact with each other, the five senses also serve to keep us safe by warning us of any impending danger. Although these five senses are the traditionally recognized senses, there are other subtle external senses that most people do not even think about. Examples of such senses are:

1. Proprioception

In simpler terms, proprioception is the sense of movement and space. This sense helps people's brains to know where a person's body because the sense triggers movement and position of limbs and muscles. Proprioception helps a person to touch and feel themselves even with their eyes closed. In addition, it enables a person to walk down a street or up the steps without the person having to look at each step. Clumsy and butterfingered people may have poor proprioception.

2. Equilibrioception

Equilibrioception sense and of course, gravity are the reasons you do not fall when you increase your walking pace or running. Equilibrioception is the sense of balance that enables people to maintain body balance when they move or increase their pace.

3. Thermoception

Thermoception describes the sense that helps to know whether something is hot or cold. It enables people to know the difference between heat and cold. On the one hand, the cold receptors are essential in the sense

of smell and in telling the direction of the wind. On the other hand, the heat receptors are conscious infrared emission or radiation

4. Nociception

Nociception refers to the sensation of pain. That explains why a person may avoid touching a sharp needle or sit too close by the fire. Without these pain receptors, human beings could do many precarious things without being aware of the dangers. Therefore, nociception helps to draw people's attention to hazards and drive them to avoid such risks.

5. Magnetoreception

Magnetoreception, in other words, refers to directional awareness. That is the sense that enables people to tell the direction they are facing, based on the earth’s magnetic field.

Therefore, one may ask, where do psychic abilities come in?

Psychics have the mental ability to read the minds of other people or to see the future. Psychics also have the capacity to discern information that the traditional senses cannot figure out through extrasensory perception, or the 'sixth sense'.

Are you a psychic? You can know by reading the list below, of psychic abilities that exist in the real world.

Aura reading: Aura means the air or the atmosphere around a person. When you move very close to someone, you can almost feel the heat radiation from the energy that is within his or her body. Therefore, an aura reader has the ability to read other people’s energies.

Channeling: Describes the ability to translate messages from the spirits into human words. Channeling is a form of communication between human beings and spirit beings.

Clairaudience: A clairaudient is a psychic who hears and takes in messages directly from spirits.

Claircognizance: Refers to the intuitive ability to know something without reading or hearing people talk about it.

Clairgustance: Points to the ability to smell or taste without putting anything in one's mouth

Clairolfactance: Defines the ability to perceive scents from the spiritual world. A psychic who relies on this ability has a unique capability to smell things that other people cannot recognize.

Clairsentience: Also, called psychic sensing is the ability to receive information through sensing or feeling subtle energies.

Clairvoyance : Denotes the ability to perceive things that are secret to the traditional human senses.

Divination: Infers to the ability to obtain knowledge about the future or unknown events through supernatural means.

Dowsing: Implies the ability to locate water, minerals, and other underground materials using a dowsing or divination rod.

Electrokinesis: Describes the ability to control energies, electric currents, and to generate electricity with the mind. If you make lights flicker when you walk into a room, chances are you are electrokinetic.

Precognition: Refers to the ability to see future events either through vision or intuition or both.

Psychokinesis - Also called telekinesis, is the ability to influence physical objects through mind power, without making any physical contact with the object. Have you ever moved or bent a spoon just by staring at it?

Psychometry - Also, called psychoscopy is the ability to know about a person or an object just by physical touch.

Pyrokinesis - The psychic ability to create and control fire with the mind

Postcognition - Also known as retrocognition is the psychic ability to know about events that took place in the past

Telesthesia - Also known as remote sensing, is the ability to tell whether an event has happened, or is happening just by intuition

Telepathy – This is the ability to transfer information to another person without any physical interaction

Thoughtography – This is the psychic ability to draw or to inscribe photographic-film-like images from one's mind onto material surfaces

Tips to Awaken Your Psychic Abilities

A human being is made up of the body, the mind/soul, and the spirit. However, most people do not know how they can connect to their spirit self – their inner selves. Connecting with the inner self has to do with gradually attuning one's psychic or intuitive abilities.

Important to note is the fact that psychic awakening does not happen in an instant. One has to wait for the divine moment in which this sense will activate. However, one can slowly exercise their psychic abilities as they await the awakening.

Here are ways one can stimulate their psychic abilities:

1. Have peace in your mind

In general, the connection starts by having peace in your mind. Peace makes it possible for one to begin to link with their psychic. Frustration, stress, and fear can hold one from connecting with their inner being. That is because when one is desperate and worried about their connection, then the link will not happen.

However, it is important to note that some people are fortunate to establish that connection even though they are not in a state of peace and calm.

2. Decalcify the pineal gland

This is a pineapple-like part of the brain that has the role of releasing melatonin, the hormone that directs a person’s cycle of sleep and waking up. The pineal gland also works together with the hypothalamus gland to control the body's hunger, thirst, sexual desires, and the aging process. Too much calcium in the pineal gland, therefore, decreases melatonin synthesis, and this brings about neurological disorders, depression, and anxiety.

Consequently, one should use essential seed oils, chlorophyll-rich foods, lemon water, apple cider vinegar, and refrain from the following: using tap water because the water contains fluoride; using kinds of toothpaste that have fluoride; eating processed foods; and wearing sunglasses most of the time when in the sun and try sun gazing.

Additionally, the person should sleep in complete darkness at night when sleeping; place crystals that have violet and indigo hues between their eyebrows during meditation for about 20 minutes; and finally, exercise third eye meditation by drawing their eyes toward the third eye and focus at the center. Lastly, one should remember to eat pineapple!

3. Meditation

In meditation, one should learn how to breathe deeply through their nose, hold their breath, and finally breathe out slowly. One should do this process repeatedly, taking three seconds for each step.

Once one starts feeling at peace and relaxed, they can go into their regular breathing pattern. During meditation, one should think about happy memories and thoughts. Even better, one can fall asleep while meditating and allow their mind to sink in meditation in that way.

4. Spending time with nature

Spending time with nature strengthens your mind’s capacity to relieve stress and toxic thoughts. The quiet moments one spends with nature connect the person's mind to the calmness around.

As a result, one is able to experience peace within themselves and can feel connected to their psychic selves. When one walks on the grass with bare feet, they become one with the ground beneath their feet. Touching the leaves of trees and smelling the flowers helps one to absorb the scents of

nature, which bring tranquility in one's mind. Therefore, one could go out, feel the breeze, and get familiar with the sounds of nature!

5. Spending time in public places

One could go to a restaurant, visit a mall, or sit at the airport and observe people as they are walking past and going about their duties. The person could then try to imagine what the people are saying to each other by following the movement of their lips and noticing non-verbal cues. In so doing, one can tell whether there is love or tension between people.

Following in this manner, a person is exercising their third eye and thereby working his or her higher intuition by making a story about two people, or about a group of people, based on how the person is feeling about them.

6. Pay attention to your dreams

When one is asleep, the conscious mind is relaxed and inactive. However, the subconscious mind remains active and broadcasts images and events to the brain in the form of dreams.

The subconscious mind navigates between spaces and spiritual realms. Therefore, one should keep a journal of their dreams as he or she becomes more acquainted with their dream world and their subconscious mind.

7. Visualize your chakras

The word 'chakra' is a Hindu word for a wheel of spinning energy. A chakra is the energy powerhouse that provides one with different ways to obtain psychic information.

A human being has seven chakras running from the base of the spine to the top of the head, which is controlled by spiritual principles that one can use to develop harmony, happiness, and well-being. These chakras are in the form of seven different colors, with each color representing different functions.

When a person suffers from emotional stress or physical problems, the chakras become blocked because the energy system cannot flow freely.

8. Trust your instincts

The more one exercises their intuition, the clearer their insights will become. Most people usually gave gut feelings on certain occasions without realizing that the gut feeling is their psychic ability guiding them.

The more one pays attention to their gut feeling and follows its leading, the more he or she is able to rely on their intuition more than on anything else.

9. Enroll in psychic awakening classes

It is imperative for one to sign up for classes where spiritual improvement courses at taken. The classes could be online, or those taught in person. These classes will enable one to develop consistency as they uncover their unique psychic abilities.

Therefore, one should look for classes that have sound spiritual teachers who will resonate with the person.

Chapter 5
Psychic Protection

When you have psychic abilities, you have to learn how to protect yourself, your life, and your loved ones from spirits. I have discussed how there are spirits out there who want to do nothing but bring chaos and turmoil to your life. You have to look at it like this if there are good spirits, then there have to be bad spirits. There could not be one without the other. So, when you are trying to contact the good spirits, you open yourself up to the bad ones too.

You see, all spirits are attracted to you because they know they can communicate with you. You give off a sort of light in the spirit world. It is when bad spirits take notice of this light that you have to be careful. You see, each of these spirits has a different purpose, they all come to cause problems in your life, but they cause different types of issues.

When you first realize that a bad spirit has gotten close to you, it may be something like a creepy feeling. Your hair may stand up on the back of your neck or your arms. You just get the feeling of uneasiness. If this is left unchecked, the spirit will only grow stronger. Usually, it will start to show itself in dark places, and you may see a darker than the dark spot in the corner of your house. You may see something run by out of the corner of your eye, or you may just get the feeling that you are being watched. If you allow it to get this far, you must act at this point, or it will only get worse. I will discuss with you what to do later in the part.

If you continue to allow the spirit in your life, you may be awoken at night to strange noises or the feeling that someone is standing over your bed. There are times that you will be able to see a figure depending on how strong the spirit is at this point. Blankets may get pulled off of you while you are sleeping, or you may feel like someone has touched you.

Useful Abilities of Different Empaths

Psychic Abilities

Some empaths have psychic abilities. Environmental, physical/medical, animal, plant, and intuitive empaths all possess psychic abilities to some degree. This special type of ability goes beyond just sensing what those around an empath is going through. Empaths with psychic abilities can often sense what is going to happen to someone despite being miles away from them. They will often be hit suddenly with a flood of sensations that alerts them about what someone else is going through even though they are nowhere near this person. An empath's heightened senses and high levels of empathy can result in them developing psychic abilities or a sixth sense. Empaths who go on to develop their empath gift may find that their psychic abilities come out more clearly.

Visions

The heightened sense of an empath allows them to look at things from a different perspective. They are able to focus on the finer details of a situation or person in order to understand what is going on around them truly and in the other person's life. This ability allows them to tune out the other noise in order to find a deeper meaning and finding the key factors that need one's attention. Not all empaths are able to develop this ability to its fullest when developed, and if an empath does develop this ability but lacks the understanding of how to utilize it properly, they put themselves at a greater risk of being taken advantage of.

Intuition

Everybody has some level of their own intuition, but much like everything else, an empath has a stronger awareness or intuition. When an empath has a strong sense of self, they are able to develop their intuitive abilities fully. While intuitive empaths naturally have this ability, other empaths can tap into their intuition as well. This intuition can help guide an empath and allows them to address certain situations better. With this ability, empaths are able to diffuse negative situations before they occur, and this ability also allows them to have better judgments about people.

An empath's intuition is almost never wrong. Only when an empath lacks the self-respect and trust in themselves will their intuition be off. For this reason, it is important for an empath to gain a better understanding of

all their abilities and unique characteristics to utilize their intuitive abilities better.

Telepathy

This is an ability that some empaths are able to strengthen. Telepathic abilities allow empaths to understand the thoughts of another person fully. This helps them know exactly where emotional responses are coming from. Many empaths use this ability to help an individual heal further and recognize their own thought patterns that cause them to have negative or positive emotional responses.

Natural Healing

An empath's ability to connect with others makes them natural healers as well. Because so many individuals seem just to be drawn to empaths and feel more comfortable around them, empaths are able to really listen and understand what an individual needs in order to heal. While physical empaths will be able to heal individuals on a different level, by being able to share what changes they need to make to recover from an illness or health condition, all empaths are able to do this to some varying degree.

Seeing through Lies

Empaths can easily pick up on when someone is dishonest. Whether the words you say are a lie or the way you present yourself to others is covering who you truly are, an empath knows you're lying. Some empaths can even identify what you are lying about. Empaths tend to avoid people they know to be dishonest as these people tend to give off negative energies and, therefore, can leave an empath feeling ill or extremely fatigued.

Heightened Senses

Empaths are easily overstimulated due to their heightened senses. This is why an empath prefers to choose environments that are calmer and quieter. Bright colors, lights, and noise can increase the anxiety that an empath already feels. This heightened sensitivity to external objects can often add to the overwhelming feeling that empaths struggle to cope with when they are in larger crowds. It is also why they tend to be very careful about where

they work, as many work environments can trigger these senses, making it impossible for them to be productive.

Creativity

Many empaths have highly creative talents. They tend to be able to look at things from a unique perspective more easily and can be incredibly innovative. For this reason, empaths can also make incredible successful entrepreneurs. Music, art, and other creative outlets that let an empath be hands-on are things they tend to thrive at.

Most empaths find themselves in some sort of creative industry. This is because of their ability to look at things differently, think of innovative ideas, and have a deeper sense of being able to understand what is possible —meaning they can take simple ideas other than their own or in collaboration with others and turn those ideas into something tangible. Empaths are dreamers, but they do not just simply dream; they quietly set out to make their dreams a reality.

The Downside of Being an Empath

Empaths can be easily manipulated, especially by those who are aware of their abilities. When a toxic personality, like a narcissist, identifies an empath, they will try to take advantage of them and take control of them. Empaths naturally attract others, and negative people are often more attracted to an empath than the positive ones. Due to the caring and giving nature of an empath, this keeps them on constant guard. While they trust their intuition, and many can often spot these negative or toxic people, this doesn’t put a hold on their deep desire to want to help them.

Many empaths tend to feel incredibly insecure about themselves. This insecurity is brought on not just because of the energy they absorb but because their abilities are often misunderstood. They often feel like outsiders and will try to hide what they are capable of in order to fit in. Empaths are also people pleasers. This deep desire to help everyone they come in contact with can lead to them having a victim mentality or being codependent.

Empaths need their alone time but also tend to retreat or hide in it. They have a hard time battling with this facade they put on in front of everyone else while known deep in their nature they were born to help others. This is a conflicting stage for an empath. It is a stage where many ignore their abilities and settle for a life they are never really comfortable with. On the other hand, some learn to embrace their abilities and take the first step to embrace who they are and what they feel is their purpose.

Now you have a clear understanding of which empath you are. Do you have an increased awareness just people or can you feel the energy of other things like animals and plants? Knowing which type of empath you are will help develop those specific abilities that come with that type of empath. You also now know what additional abilities you possibly possess as an empath but haven’t accessed yet. In the next chapter, we will cover the specific way you can develop your empathy so you can begin to live up to your full potential.

Chapter 6
“The Energy Vampires”

Have you ever come across someone who always leaves you feeling listless and drained? Chances are you have encountered an energy vampire. They could be anyone. Friends, coworkers, even family.

Energy vampires usually lack empathy. They feed off of your psychic energy, and your willingness to care for and listen to them. This parasitic relationship may or may not be intentional. These toxic people can suck the positivity right out of a room by merely walking in.

The super toxic ones like narcissists go as far as using your need for validation to convince you that you are flawed in some way. They say stuff like "Man up," or "You are way too sensitive" to make you doubt yourself. My advice? Treat them like gum under your Louboutins. If you find that too difficult, there are always air pods.

The Dine and Dash Cycle

The phrase "dine and dash" means what you think it means. It's the equivalent of eating at a restaurant and then taking off without paying for the meal. The dine and dash cycle is a strategy used by toxic people who are in dire need of emotional healing, and want a shortcut to said healing without being held accountable for it.

Your generosity is a daily banquet from which they eat to their fill, draining you, and giving nothing back. You are stuck in limbo, yet you cannot complain. Their evil innovative minds come up with the most creative methods to scare you into submission to a point where you begin to ask yourself if you are not the one imagining the pain you feel.

You are perpetually attracted to damaged people, or maybe it is the other way around. Don't be surprised that as an empath, your constant self-doubt and low self-esteem will sometimes place you in a painful cycle of wound-mate relationships with toxic people, on account of the emotional issues you both share and haven't healed yet.

Kinds of Energy Vampires

The Narcissist

Like the perfume Chanel number 5, they are a classic. These ones suffer from a fixation with their own selves. They are drawn to you because you fuel their need for power. They enjoy the game of catch and release. Just like you, they are intuitive, but they're the Joker to your Batman. Unless your throat doesn't get parched from feeding them constant praise, then skedaddle away from these kinds of people.

The ultimate narcissist block: The best way to deflate their ever-rising egos is to put some distance between you two. It does not mean that you care less. It means you have decided to put yourself first. They may become ice cold and unforgiving at first, and you will feel really, really bad, but I suggest some Oolong tea. Something tells me before the cup gets too cold, they will come back to sweet talk you into their self-absorbed world. Don't fall for it, though. Wait them out, and they will use the ace up their sleeve: Gaslighting. This is when they say and do things that alter your perception of yourself and reality just enough for you to question if you should be in a psych ward. Don't believe the hype. You are definitely not crazy.

The Martyr

Coming a close second in the mix would be the ones that are always playing the victim card. If you have met anyone in this category, you will agree without question that they are just downright annoying. Like a pebble stuck in your shoe.

You can only play the victim for so long until everyone realizes you are the problem. If you are the kind of empath who is always seeking to "fix" people, then that means you carry on problems heavier than what you can bench press at your local gym.

The martyr's "woe is me" mentality makes them always imagine others as the cause of their distress. The worst part? They are extremely difficult to please! The most popular phrases in a victim's dictionary are "yes, but" and "no, but." "It wasn't my fault" and "you are the only one who can help me with insert-crippling-worry-here" are also tracks they love to put on repeat.

Some of these victims enjoy their helplessness. It's a drug to them. Most times, they go out of their way to make friends with people who will abuse, manipulate them so they can get a healthy dose of pain.

The ultimate martyr block: Like the narcissist, you need to protect your energy from the martyrs by setting clear boundaries. Don't snap at them, as much as you may want to. Not unless you need a bucket of tears to flush the toilet with or something. Save the planet, stop wasting Kleenex, and learn to say no with a smile on your face. Understand that you can't fix everyone. You are not their therapist. They are not your pet project.

Don't encourage them or their complaints. Change the topic. I find the weather is always a good choice. Adopt a closed-off body language. You can do this by standing your ground and crossing your arms across your chest while keeping eye contact at a minimum. That way, if you tell them you are busy or held up with something, they will get the message loud and clear.

As for phone calls, keep those short and to the point. Long phone calls are a sure-fire way to get them comfortable enough to start talking about issues that are best discussed with their therapist.

The Domineering Lord

These ones are the weakest. Ironic right? They get off on intimidating others. If there is one thing I learned from my mother, it's that you don't have to weaken others to be strong.

These types of vampires are in the active business of seeking for willing subjects they can bend and break to their sovereign will. Some research articles suggest that they were either bully as children, or bullied as children.

The domineering vampires are the biggest critics you will ever see. They have a lot of unsolicited opinions which they do not hesitate to offer, regardless of your need for peace and quiet. They say stuff like "You should have," or "You could have," and then they proceed to hound you consistently about what you have done wrong in their eyes.

As an empath, you tend to take their opinions and criticisms to heart. This chips away at your self-confidence until you end up defining yourself by their ridiculous standards for perfection.

The ultimate domineering lord block: Don't hesitate to assert your opinion. Don't be afraid to disagree. You might be tempted to play the victim during moments of criticism, but take a deep breath and firmly tell them what you think.

The Chatterbox.

Nonstop talkers are annoying in general. They drain your life force with the endless barrage of words coming from their mouth. A minute in their presence feels like a year because of all that talk!

They also do not understand the concept of personal space. You can't hide from these ones. Like badgers, they have mapped out all your hiding spots.

Excessive talking should be a legitimate addiction because these people love to hear themselves talk. If there were a Chatterers Anonymous, they'd fit right in. You, the fantastic listener that you are, are always a magnet for these chronic talkers. Unfortunately, your gentle nature does not allow you to tell them to buzz off if you have had enough of their spiel, because you don't want to sound rude or insensitive.

The ultimate chatterbox block: Learn the art of "effective interruption." The chatterboxes do not respond to nonverbal cues. If you think shifting your feet from side to side or looking impatient will save you, you have another think coming. Find your funny bone. It's all about using tact and humor to tell them you have had enough and have other places to be. Need to get a word in edgewise? Say something like, "If you don't mind, I have something to add."

The Passive Aggressive

These vampires are the Martha Stewarts of the world, and beneath all their sugary exterior is a Molotov cocktail ready to go off. Here's a scenario for you:

Amanda knew she would be getting home late following a meeting at work that took longer than expected. She texted her boyfriend Ryan to say she would be home late, but there were leftovers in the fridge in case he was hungry and got home before her. Ryan texted back a single word: "Okay." This looks like perfectly normal behavior, right?

Well, Amanda gets home and tries to kiss Ryan, but his lips are sealed tight. Amanda: What's a wrong babe? Is everything okay?

Ryan: Yeah.

Amanda: Okay... Mama bear wants a kiss welcome. Ryan: I need to brush my teeth first.

Amanda: You never minded before.

Ryan: (Smiling) I don't usually mind, but today is a tad different. I burnt my hand, preparing dinner, you see. I hope you were able to pick up my dry-cleaning with your extended workday and all. Oh, and maybe next year, you'll remember my birthday faster than my need for a hearty supper.

See that? Hostility beneath Ryan's very pleasant facade.

It is a common mistake to assume narcissists and passive aggressors are the same kinds of the vampire because most of the time, their traits bleed into each other like some weird oil painting. Comment on their behavior, and they will be quick to dismiss it as a joke. You often find them sulking in a corner when they don't get their way, but when asked, they claim nothing is wrong.

The ultimate passive-aggressive block: There is a pattern. Recognize it. Your abilities as an empath ensure your intuition is never wrong. Trust it, especially when they are hiding their anger. Monsters may not be real, but their anger definitely is, even if you can't see it yet.

Limit your reactions to their opinions. They are usually flawed in some way. You need to see that their criticisms are just a true reflection of how they perceive themselves. Remind them of the log in their own eyes. The spoke in yours is your business to mind.

The Stage Actor

If you were not so attuned to emotions and energy signals, you would find this group of energy vampires entertaining. Every day is a carnival. The world is their stage, and it is hardly big enough. These people need drama like they need oxygen, and if they don't have it, they create it.

The ultimate stage actor block: Remain calm. They find this infuriating. When they cannot evoke a reaction from you, they tend to drift towards someone else who feeds their need to create trouble. A lot of distance is also vital as a protection strategy. Set firm limits to ensure open lines of communication. Allow them to stir their crisis cauldron.

Chapter 7
Shielding & Clearing your Energy

Shielding means protecting yourself against negative, harsh, and lower energies. It is a way to make sure that your energy remains clean and high, especially when you're working in or travelling through a harsh environment. Below are some of the most effective ways to shield your energy:

Crystals and Gemstones

Crystals are powerful stones, rocks and minerals that can protect, magnify and transmute various energies. Holding, wearing, sleeping or working near these protective gemstones help repel negative energy and enhance positivity. Some of the most effective shielding crystals are the following:

Amethyst

This beautiful purple gemstone is excellent for protection and purification. It enhances intuition, helps release addictions, improves spiritual awareness and lifts the energy in you and around you. At the same time, it wards off negative energy - both ethereal and spiritual. Having this crystal around will greatly help you in coping with your empathic abilities.

Blue Topaz

This crystal will help you think clearly and ease the tension brought about by your work, social or love life. It will also help you communicate your thoughts, desires and pleas to the universe, and see the bigger picture.

Black Tourmaline

This powerful protection gemstone is particularly helpful for empathic healers. It fends off all negative energy, including those that are being purposefully directed at an individual and general negative energy coming from the world around you.

Green Aventurine

This crystal possesses great vitality, making it an excellent healing stone for any situation related to health, friends, finances, growth, confidence and everything else. This is an important stone to have in an empath’s arsenal.

Obsidian

Wearing this gorgeous black gemstone will help you ground yourself. It deflects anger, psychic attacks and negativity.

Citrine

This stone represents happiness and creativity. If you’re feeling down or stuck in a creative block, this lovely yellow stone can help you. It gives a powerful boost for all things related to finances, abundance and prosperity. It also manifests radiant energy, which pushes away negativity and attracts positive vibes.

Lepidolite

Lepidolite enhances the power of other nearby stones and crystals, and relieves anxieties that commonly plague empaths. This stone is well-known for its peace, power and ability to foster love, luck and sleep.

Malachite

Malachite is perfect if you want to eliminate emotional blockages and pressures that may occur when dealing with stressful situations. This gemstone has a great tendency to absorb negative emotions you may be keeping inside.

Rose Quartz

The energy of this pale pink crystal is gentle, calm and compassionate. It provides a feeling of genuine, unconditional love, and protects you in romantic relationships. It also heals and soothes the heart chakra, and pushes away all the negative feelings around you.

Clear Quartz

This stone is highly versatile and can act as a powerful amplifier of any frequency, including the natural electromagnetic frequency (EMF) in the human body. This clear crystal can refract sunlight into rainbows, and deflect negative energy and vibrations.

Smoky Quartz

This crystal releases negativity from your past relationships. Place it close to your bed and let it do its job while you sleep. You will wake feeling lighter and with a more positive outlook.

Lapis Lazuli

This stunning blue stone is another excellent protector, but its influence is more inclined to spiritual growth. It helps you maintain an objective attitude and take others' actions lightly and not too personally. This stone helps keep your energy unbound and your mind clear of muddled thoughts, great for use in the office or other workplaces.

Jade

This is a popular crystal amongst lovers, but is great for empaths, too. Jade helps balance the opposing energies of romantic partners, and prevent them from inflicting harm on themselves and others during spats and quarrels.

Turquoise

Turquoise drives negative energy out of your space. It creates a stronger, more resilient bond between your physical body and energy field. Even a small piece of this stone can go a long way, filling an entire home with positive vibrations and soothing energy. Many people consider turquoise as the ultimate anti-negativity gemstone.

Unakite

Although not as popular as the other stones, Unakite can be a great inclusion in your arsenal. This crystal helps balance your emotions and

bring your spirit close to the other side so that you can stay connected to late loved ones who may be checking on you every once in a while.

Zoiste

Zoiste is another uncommon yet valuable crystal. It is perfect for artistic empaths because it promotes creativity, individuality and connectedness to other people. Many artistic empaths are introverted and tend to shut everybody out. This stone reminds the spirit that human contact is not only important, but can also be fun.

Fossils

While not exactly a crystal or gemstone, fossils are also important to an empath's wellbeing. Fossils will keep you strong and grounded, and constantly remind you that energy is fluid and everything will change inevitably.

Picking the Perfect Crystals

After deciding on what crystals, you need, you will then have to pick out the right ones. Certain stones work better for some, but not as well for others. Follow these three steps to find the perfect crystals for you.

1. Set your intention.

Before you begin the process of finding the perfect gemstone or crystal, you must first set an intention. Speak inside yourself or aloud about what crystal you're hoping to find. Example: "Amethyst, thank you for becoming my new crystal. Please show yourself to me."

2. Follow your senses.

As empaths, we have strong intuitive senses and physical senses. Intuitive senses include Clair cognizance (clear knowing), clairgustance (clear tasting), clairalience (clear smelling), clairsentience (clear feeling), clairaudience (clear hearing), and clairvoyance (clear seeing). Turn on all of these senses when picking your perfect gemstone.

3. Wait for a feeling

There are times when a gemstone or crystal just stands out among the others. If you come across a stone, which keeps grabbing your attention, then that might be the one for you. Also, some crystals vibrate or emit a certain kind of energy when handled by the right person. Wait for that feeling.

Angelic Shielding

You can appeal to the protector Archangel Michael to protect you with his royal purple and royal blue light. Say this either silently or aloud, “Archangel Michael, please shield me with your protective light now.” This archangel is limitless, so can instantly protect anyone who calls on him.

You can also call upon God and ask Him to send additional guardian angels to look after you, your home, your loved ones, your friends, or any other important person, thing or place. Angels are infinite in number, and all you need to do is ask and more will come for you.

Clearing

Clearing your energy is as important as shielding it. Whenever you get confused, feel exhausted, or become prone to accidents, take a break to clear your energy. Most of the time, these are signs that you have absorbed too much negativity.

Like shielding, there are different ways to clear yourself and this also includes calling upon Archangel Michael. You can say: “Archangel Michael, I ask of you to clear away all the energies within and around me that aren’t of God’s light and love.” The archangel instantly comes to the aid of everyone who calls on him, for he loves all of us and can help everyone at once.

Another fine way to clear your energy is to take a warm bath enhanced by Epsom salts (sea salts are fine) and essential oils. You can further improve it by adding pure flower essences to your bathwater and surrounding your tub with white candles. The candles will serve as focal points for your genuine intention of clearing yourself.

Massage and similar bodyworks also have excellent clearing abilities, especially if your massage therapist is skilled in relieving physical tension and energy.

Detoxing and tweaking your diet are another effective way to dispel energetic and physical toxins. You can work with juices, supplements or herbs that flush out contaminants and heavy metals attached to the energy toxins in your system. Consult a naturopath or a trained staff at your local supplements store to get the best recommendations.

Grounding

Grounding means your consciousness is contained inside your body, instead of floating freely above it. Many empaths leave their physical bodies when the earth plane becomes too much to handle. They “go home” inside their consciousness and you can say they are not really “here.” It is okay to do this during meditation or dream time, but during your waking hours, remember the reasons you are in your physical body.

Besides wearing obsidian crystal to help you ground yourself, eat organic, non-GMO vegetables such as turnips, onions, carrots, potatoes and radishes. You can also get a foot rub or visualize yourself as a tree, with roots growing out of your feet. Feel the earth’s energy connect with the bottom of your feet.

Another way to ground yourself is to connect physically with nature. Take your shoes off and touch the soil, sand, grass or water. This will help you shift your focus back to your physical reality.

Chapter 8
Developing your Gift

If you are reading this book then you are ready to get started on the road to feeling empowered and confident in yourself! Remember, even the most experienced or naturally gifted psychics didn't start their journey with complete confidence and power; they had to practice often to gradually increase their abilities. The key is to believe in yourself and stay relaxed. Trust in your ability and intuition, even though if you've been raised to ignore it may feel silly at first. Keep noticing subtle things you sense.

Additionally, keep in mind that you should keep practice sessions relatively short, no more than an hour, as longer sessions are unnecessarily draining and exhausting. You can't be expected to keep your focus that long. Once you've lost your focus, concentration, and grounding, any practice you attempt will be ineffective.

A feeling of fear may arise as you begin to have more accurate warnings. This is natural –you're now aware of a plane of reality that humans are not normally in tune with. Part of developing your abilities and confidence is overcoming this fear or uneasiness. If you truly want to become more powerful, fear will only get in your way. Reluctance will hinder you. It's true that not every prediction will be a positive one. You may foresee relationships ending or loss of money or death, and you must accept that these are all a part of life. You must be ready for negative warnings as well.

Another important thing to remember is: don't let skeptics dissuade you. You'll know if you've had a psychic experience that even though it can't be explained by logic, there's no denying its truth. If there are many hardcore logical skeptics in your life, they may mock you or question you, trying to convince you that you're foolish or even crazy. It's important to remain calm and focused; don't let these kinds of people distract you or hinder your abilities. You'll find people like them everywhere, so try to block them out as best you can.

One great technique is writing down potential psychic messages. Try keeping a journal of what you think may be clairvoyant, audient, sentient or cognizant premonitions. Keep track of these recordings and see if anything

ever becomes of them – if they're relevant at all. This is an excellent technique for beginners because you can sort out the random bits and pieces from actual psychic messages, and you can start to piece together what a prediction or warning feels like. It may help you to write down how you felt beside each potential message as well.

This can't be reiterated enough. Practice every day. This may sound daunting, but if you keep it up, pretty soon it will come naturally, and you won't even notice you're doing it. If you miss a day or two or more for whatever reason (illness, feeling emotionally drained, etc.), don't worry! Just pick up where you left off and keep testing different techniques and tools. It's not something to panic about if you haven't practiced in a while, you won't lose "the gift" as we all have it, just as your muscles won't disappear if you don't go to the gym for a while. This is just to tell you the best and most effective ways of developing your gift's power.

Another highly effective tool is meditation. If you're practicing daily, try incorporating ten to twenty-minute meditation sessions into your daily routine before you try to interpret anything. This will clear out any emotional blockages, thoughts, worries, or distractions you may have both relevant to psychic practice or about your daily life. It also connects you to a higher plane where your spirit guide(s) and psychic energy reside.

If possible, surround yourself with like-minded people, such as other psychics or people on the same spiritual path as you. If you find people on the same vibrational level, your energy will rise, and this will help you thrive spiritually. Thus, growing your psychic ability. It's also nice to have positive reinforcement from your peers.

Spending time in nature is also a stress reliever to help open your mind. Some of this may just sound like basic life advice that doesn't have much to do with psychic powers. Still, it's impossible to grow as a psychic if you are stressed and emotionally/energetically blocked. Nature is our roots. Nature was here before us, and it will remain here long after we pass. Walk around and realize that, despite all your worries, the trees will still stand steady.

Ask questions of the universe frequently. Whether you're walking down the sidewalk and are wondering whether you should change careers, or you're relaxing in the bath, wondering if your relationship is working out?

No matter where you are and what you're wondering, try to become aware of this and consciously ask the universe for advice.

Psychometry is a really easy technique to try. The word may sound complicated, but all it means is reading the energy of an object. Just pick something up that has some meaning you know, like a family heirloom to start, and focus on the energy coming off of it. Clear your mind and see what comes up. Don't force any images, just let them flow. Once you've practiced like this a few times, try transitioning to an object you don't know the history and meaning of. Go to a thrift store and buy an old silver knick-knack or item of jewelry.

Crystal ball scrying is another classic tool used by psychics. It's such a famous item that it's made its way into many movies and it's a universal symbol of psychics. While it is such a famous symbol, it's an art that's tricky to perfect and most likely won't yield immediate or solid results. To start, it's best to do crystal ball scrying in a dimly lit atmospheric space that will allow the mind to relax and wander. Large crystal balls can be quite pricey, but small ones work just as well and are much cheaper. Make sure it's a clear crystal ball and not made of an opaque stone, and that you have some sort of stand for it (wood, glass or stone is preferable to plastic) so that it doesn't just roll off the table. As you gaze into your crystal ball, your focus should be on the middle. Try to have some sort of solid background behind it so that you don't mistake the distortion of any objects or light for images. You should feel yourself entering an almost trancelike state, and it may take a few minutes for the ball to begin to reveal things to you. Remember, relaxation is the key. Light incense or diffuse essential oils and play calming instrumental music if you think this will aid you in getting to the proper state where the ball's secrets will reveal themselves. Take a moment to quiet your mind before you begin. Clear it of any hopes or expectations of what you think will happen or what you think you will see.

Another thing to consider before you begin is, like with your tarot deck, spending time getting familiar with your crystal ball. Hold it, keep it near you, build up that connection. Now that you are ready, your mind calm, your atmosphere set, you can begin gazing. Make sure whatever position you're sitting in to gaze will be comfortable for an extended period as it may take a while for messages to be revealed, or if it's your first time, not at

all. You will have to remain in one position for a while to hold your focus. As you gaze, visualize that your mind is as clear as the crystal ball. You'll know a message is incoming when a mist begins to appear. When this happens, do not shift, either physically or mentally. Try to hold focus and keep the connection. Remain calm and still. You will feel yourself and your mind being drawn into the crystal ball, the ball and you are one. Images will appear, but don't interpret them yet. Just take them in, absorb them all one by one as they appear, until they start to fade away. This is when you can break your focus.

Palmistry (or chirology) is another famous symbol of psychic practice, and another useful tool many psychics use to perform readings. It is much easier to master than crystal ball scrying and cheaper than buying a crystal ball or tarot deck. All you need is a person who's willing to let you hold their hands for a short period, and that costs no money at all. You may have even seen your local psychic shop adorned with a neon sign of a hand with all the lines used by palm readers to tell you about your life. Each line represents something different about a person. There's the life line, the half circle starting from the middle of your hand and curving around your thumb. The head line and the heart line, which run parallel to each other (the head line is the lower one, the heart line higher, closer to your fingers). There are also the fate line which cuts through the heart and the head line, but not all people have a fate line. These are just a few of the most basic lines that you can interpret on someone's hand. The life line represents health, injury, major life events, and wellbeing. The head line represents how someone thinks and communicates, how creative or intellectual someone is, and how someone learns. The heart line represents emotion, romance, relationships, mental health, and heart health. The fate line shows how much of someone's life will be controlled by "destiny" or forces outside of their control. Look at your hand and see if you can pinpoint each line. How you read them is based on how the line appears on the hand. Longer and curvier lines mean more emotional and creative. In comparison, straighter and shorter lines show a good handle on emotions and a logical disposition.

Chapter 9
Psychic Protection Techniques

In this part you are going to be learning all about personal energy management. How to maintain a clear and strong energy field is important. You will also be learning more advanced ways to use energy to filter harsh or negative energies and block psychic attacks.

Visualization is a big part of psychic protection and shielding. Some people wonder how effective it is to create a shield around them. Is this just your imagination? Put your hand out in front of you in a stop hand gesture, now. Okay, what did you do to move your hand out? You just had to think it to direct your energy and thoughts to move your body. Working in the spiritual world is no different. It is just that we are not using physical atoms. The more you do this, the more confident you will get and the more powerful your psychic protection becomes.

Daily Psychic Protection

Many people use psychic protection daily. This usually involves some form of shielding which can be applied in the morning and or at night before you go to sleep. This type of shielding is for general protection from negative energies we encounter in our daily life. It is something I feel all Empaths and highly sensitive people should use. In this part I will show you how to shield yourself and explain the different types of shields you can use.

Daily Aura Clearing

As I hope by now you have realized, we pick up energies every day that do not support us. A buildup of negative energies over time is just a recipe for problems. Like a magnet it can draw negative attention, situations and people if left unchecked.

You could incorporate some kind of aura clearing into your daily routine. Although showering and bathing helps clear the aura, you may want to use visualizations and other practices to make it even more effective. These can

also be done any time of the day, as and when you feel you need them. They work well when done in the morning or at night.

Daily Grounding

As explained in the later part, grounding is an important part of psychic protection but is often overlooked. With good grounding you will be less likely to confuse your energy with others. Grounding also helps anchor your shielding so that it is strong and stable for longer.

There are so many ways you can ground yourself and it will all depend on your lifestyle, location and what works for you. Using visualization, such as the Tree of Life Grounding Meditation given in the last part is one way. You can repeat this when needed throughout the day. For a quick refresh you can just say to yourself “I connect to the center of the Earth” and focus on the Iron crystal at the core of the planet.

This can be backed up throughout the day or replaced by the following physical grounding techniques. For these to make a big difference you do need to incorporate them into your daily routine at set times. Something in the morning and something in the evening is more effective.

- Walking outside in nature
- Eating high protein whole foods, like nuts or root vegetables
- Drinking a glass of fresh fruit or vegetable juice
- Showering or bathing
- Laying on the floor or touching the earth
- Doing any kind of physical exercise
- Taking deep, slow breaths
- Walking through a wood, forest or touching a tree
- Walking on the beach
- Walking barefoot on grass, sand or earth
- Handling a grounding crystal or touching natural rock
- Massaging your ear lobes

- Preparing a meal, baking or cooking
- Doing Tai Chi or Qi Gong
- Doing Yoga

Cosmic Energy Shower

For this visualization you are going to be connecting with the cosmic energy of our Galaxy and the Universe. The visualization is really simple and can be done in a couple of minutes if that is all you have. Why not do this while showering or during a five-minute morning or evening meditation?

1. Close your eyes and take a deep breath.
2. Visualize a glowing light source above you and say to yourself "I call forth a Cosmic Energy Shower of silver-white light to cleanse my aura."
3. Visualize this shimmering silver-white light coming down like rain all around you and through you.
4. See it passing through your head, shoulders, arms, hands, chest, lower body, pelvis, legs and down though your feet into the Earth.
5. Allow it to carry any remaining energies that do not serve you down into the Earth for transmutation.
6. When you feel this has been done, open your eyes and take a few moments before doing anything else.

Waterfall Visualization

This is another visualization method to help cleanse your aura, which you might like to try. This one works with the cleansing energy of the water element.

1. Close your eyes and take a few deep breaths.

2. Visualize yourself standing in a pool of water in a forest or jungle. Before you are a beautiful waterfall that cascades into the pool.
3. In your mind's eye step into the waterfall. See and feel it cascade over you, but still allowing you to breathe as normal.
4. Allow it to cleanse away all negative or unbalanced energies. They wash away into the water and are carried far away by a river for purification and healing.
5. When you feel this has been done, open your eyes and take a few moments before doing anything else.

Aura Sprays

You can quickly cleanse your aura using aura sprays. Any spray created for the purpose of cleansing and purification will do. Generally, they will have essential oils like Sage, Lavender or Citrus in them. Some may incorporate Gem essences from cleansing crystals. All you have to do is spray them above your head and around you. Turn around in the fine mist and allow it to clear you of unwanted energies as it descends down to the floor. This is so easy and quick to do.

Cleansing Your Aura with Selenite

This is easiest to do if you have a Selenite Wand. This can be a cut and polished crystal or a raw one. Selenite is a deeply cleansing stone that can rid the aura of harmful energies quickly. Hold your Selenite wand in your dominant hand. Start above your head and working all around you and your aura, sweeping downwards. It's like brushing your aura clean. Do this for the head, then neck and chest area. Then your arms and down your lower body and legs, down to the ground.

TIP: If you have time, keep close to your physical body to cleanse the inner layers of your aura first. Then afterwards start again from the top with your arm stretched out to work on the outer layers of the aura.

What Exactly Is Shielding?

The term shielding or psychic shielding is used throughout this book to refer to working with energy to create a force field around our aura. These shields can filter, block or transmute energies that we do not wish to have around us. A shield is a clearly defined energetic boundary used in psychic protection. These shields work best when they cover all angles, 360 degrees in all directions like a bubble. Shielding can also be applied to a space such as a room or your home.

The Power of Consistency

When you first start using psychic protection shields, it is like anything new. It may not feel natural, it could feel like a chore and you may not feel sure it is even working. The truth is that shielding improves its effectiveness over time and through consistent use. You are going to be building etheric structures on a spiritual dimension. The spiritual world responds to repetition and focused intent. Your long-term consistency will lead to a bulletproof aura. Shielding yourself just becomes a habit, like brushing your teeth.

Positive Thinking & Empowerment

Everything I am about to teach you including all the crystals are not going to be very effective if you are constantly doubting them. Your thoughts create energies and if your energy is contradicting your intention, it will weaken all you do. It’s okay to acknowledge your fears but don’t dwell on them too long. You are acting now and tapping into your power.

The source of a psychic attack wants you to be scared and weak. Don’t give them what they want. Put your spiritual armor on and send a clear message to anyone that’s bothering you or who wishes you harm to back off and leave you alone. They have no power over you, unless you let them. Stand up, shield up, remember who you are and take back your power!

When to Use a Protection Shield

How often and when you use shielding is up to you. I do feel that some people need more protection than others, such as highly sensitive people, Empaths and those on a spiritual path. If you fall into one or more of these

categories or work with the public, then you should consider daily shielding.

If you don’t feel you need that, you can apply shielding in specific situations. This could be before dealing with a particularly negative person, when you visit a busy place or only if you experience a psychic attack.

Everyday Shielding Vs High Strength Shields

For most people and for general use you do not need a high strength shield. The type of shielding that is used on a day-to-day basis is different and more porous. There is no point in using high strength shielding when there is no need for it. This may manifest in people being wary of you because of your overly defensive energy. In some cases, it has an almost ‘invisibility cloak’ effect, in that people just don’t notice you anymore.

High strength shields are needed for anyone experiencing a psychic attack or following one. They can also be used when going into a negative environment, with lots of low vibration energies or people. They can be employed when we feel particularly vulnerable. High strength shields give extra protection when doing spiritual work that is more advanced or that we are not experienced in.

Programming Self-Regenerating Shields

Here is something that very few people will tell you. Most people have no idea that a psychic protection shield should ideally be programmed. This is one of the reasons shielding does not work well or wears off very quickly for some people.

If you program your shield for your personal needs it will work the way you want it to. You also want to make sure that the shield is self-regenerating. The worst form of psychic shielding uses your energy. This can be draining and there is no need to do it. If you feel weak or scared, creating a shield from your energy will not be very effective. The Universe has so many limitless sources of energy that can power your shield and keep it replenished.

The final part of the programming is to set a specific timeframe for it to work. The shield will deactivate or disintegrate at the end of this time. This

way there is no need to worry about leaving any old etheric shields lingering around on the Astral Plane or cluttering up your aura when you no longer need them. For daily shielding you can program your shield to last for 24 hours. For a specific situation or high strength shield you could set it for anywhere from 1 to 24 hours. After that, if needed again or if this is for everyday shielding, you just reactivate it.

Chapter 10
The Key to Controlling Empathy

The key to controlling empathy is to make sure that you are in full awareness of yourself and your own emotions and energy. Every day, all over the world, people are experiencing all kinds of different realities, dramas, partnerships, professions, and family lives that are in flux with all of the other people going through life right beside them.

It is our passion as people to understand ourselves and find solutions to our problems and our needs. With your gift of being an Empath, you can truly embrace and explore what it means to sense and feel these realities, situations, and human bonds in a deeper more heartfelt way.

Being an Empath is a great responsibility and it isn't hard to live this way if you give yourself the tools to empower your ability instead of feeling debilitated by it. There are so many different ways to help your energy stay grounded and balanced. If you continue to practice using these tools and techniques regularly, you will no longer have to think about or study what you need to do to realize your power and gift and protect your energy; it will just be something you know how to do and you will maintain your healthy life balance and sense of self. In contrast, you remain connected to others through your strong empathic senses.

The gifts of being an Empath have been shown to you throughout this book. Now all you need to do is follow through with the techniques and tools that will help you stay balanced, grounded, protected, and free of everyone else's emotional energy.

Grounding and Protection Meditation

The grounding and protection meditation will always come in handy. You can use it anywhere you are in as little as five minutes. Whenever you are feeling overwhelmed or like you are taking the brunt of someone's energetic pollution, you can step aside and find time to gift yourself some good grounding.

The power of a simple visualization and meditation is enough to help you regain balance and keep yourself in a healthier mental and emotional state. There will be plenty of times when it is not convenient to use this meditation. So you will have to resolve your imbalances with other tactics.

I find that the use of grounding and protective crystals and gemstones can be a very beneficial and useful tool. Hematite, onyx, tourmaline, obsidian, kyanite, and others are all very powerful grounding and protection stones that can be worn as jewelry or as an amulet. You can find a variety of crystals and stones at a local gem store or online. You can find a variety of other useful stones and crystals that are particularly useful for blocking energy and helping you restore your energy and emotions to a higher and more positive frequency.

Crystals and gemstones combined with the use of a grounding and protecting meditation will help you rekindle the personal balance you need to keep your Empathic abilities under control.

The Listening Bubble

Another method for grounding and protecting was mentioned as a useful tool for empathic and heartfelt listening. Still, it is also very powerful as energy to help you feel safe and protected from unwanted energy and emotional distress coming from other people.

Creative visualization is a powerful tool and has been scientifically proven to help people achieve their goals. Even famous Olympic athletes use visualization to win their gold medals. The more you practice, the easier it gets and the more detailed the imagery can be.

The Listening Bubble can also just be called "The Bubble". It can be used not only for practicing good listening but for using your energy in a

better way. All you have to do is imagine yourself surrounded by a bubble of light that blocks out any unwanted energies. This can be most useful in one-on-one and group conversations, but can also be helpful if you are on an airplane and need energetic privacy, or if you are simply trying to feel protected and safe wherever you are.

I have even used “The Bubble” visualization around my car while driving down the highway because it made me feel safe and more protected from other drivers. I was better able to pay attention to where I was going and worried less about how other people were blasting down the highway.

It is a versatile tool and can be used in a variety of ways for a lot of different reasons. If you feel uncomfortable anywhere you are, in a conversation or even on the highway, build a bubble around yourself and allow it to protect you.

The Energy Magnet

The Energy Magnet is another useful visualization tool that can help you diffuse the emotional energy that is around you. Intense or extreme personalities that are loud and too close to you, or the unwanted emotions and distress of another, can all be sucked into the energy magnet.

You can picture it any way that feels easy for you. It could be a vacuum cleaner or an elephant whose trunk is sucking up all of the awkward energy. It could be an actual magnet that attracts the sensations you are feeling coming from someone else’s person. Any way that you picture it, make sure it is something you can see well with your eyes open through your third eye.

Again, visualization can take practice and it can also be very fun. It is a unique way to help you redirect energy away from you and toward another idea or space in the room. You can play around with different ideas and images until you find the one that is your usual go-to image, and then keep it that way while you are at the office, handling job interviews, talking to an angry or upset customer, and more!

Affirmations of Empowerment

Affirmations are the key to a lot of people's success. Many CEOs and business elite use them as well as professional athletes and other successful public figures. Affirmations are an excellent way for you to focus your energy and power in new and different ways. They come in all shapes and sizes and are specific to your needs and desires.

In the other parts of this book gave several examples of affirmations that you can use to support your needs in dealing with the stress of other people's feelings and emotional pollution. It can be a creative process for you to have the affirmations of empowerment that work best for you for whatever situation you find yourself in.

You can create affirmations to relate to your relationships, your work environment, and coworker relationships, your friendships and family dynamics, everything! The point is that you allow yourself the proper language to help remain calm, balanced, and secure in your energy so that you are not taking on other people's energy and toxicity.

Affirmations are declarative statements and should be kept as simple as possible. Here are a few more examples to help you feel good about the different areas of your life that might need affirmations the most:

Workplace Affirmations

- I am capable of letting go of my work relationships at the end of the day.
- I am an empathic listener and I am also good at letting go of conversations when I need them to end.
- My gifts are an important part of how I do my job and I will continue to support them to the best of my ability.
- I can ground myself whenever I need to.
- I am good at protecting my energy around my coworkers.
- Friendships Affirmations
- I am a good friend and a good listener and I expect the same from my friends in return.
- I am understanding when the drama has to be discussed and I know when it is a good time to change the conversation to something more positive.
- I am available to all my friends in need when I can be.

- I would like to support my friends when I know that I can support my energy too.
- I know it is okay for me to say no to my friends when I need to take better care of myself today.

Family Affirmations

- I am connected and bonded to my family and I let them have their feelings and emotions that are different from mine.
- I am happiest when my family feels happy and sometimes I have to let them discover their happiness on their terms.
- I am good at spending time with my family and also seeking time for myself.
- I am connected to my relationships with my parents in new ways as myself and it keeps feeling better for me.
- I am proud of my ability to be an Empath for my family's needs and I want them to honor who I am and what my gifts are.
- Romantic Partnerships Affirmations
- I am capable of a healthy and balanced relationship and I want to see someone who is looking for the same, no matter what it takes.
- I am able to express myself well in my partnership when I am grounded and centered.
- I feel happiest when my relationships can let me be myself.
- I have to be supported by my partner as much as I support them.
- I will always take as good of care of myself as I do my romantic partners.

Sex Affirmations

- I am a sexual being and I feel things stronger than others.
- I can have casual love affairs as long as I know that is what we both are wanting.
- I am good at supporting my needs and the needs of others and can let go of my sexual partners when the time is right.
- I feel bonded and connected easily and can cut cords and move forward just as easily.
- Sexual communication is important to me and I value a communicative sexual partner.

All of these affirmations can help you take control of your energy and power. You can live the life you have always wanted without getting drained or exhausted by others when you use these simple and powerful tools regularly. There are so many others you can come up with on your own. Get creative and find the ones that will work best for you!

Energy Cleansing

Energy cleansing is a regular ritual. It can be done every day, multiple times a day and depending on how strong your Empath abilities are, you may need to try cleansing at least twice daily to start. Morning and night energy cleanses are my favorite and there are so many different possibilities for how it can be done.

You can use cleansing methods that you already know and trust, or try any of these methods below:

- Yoga
- Acupuncture
- Reiki
- Massage
- Chakra therapies
- Crystal and gemstone therapies
- Smudging (incense herb bundles)
- Walks in nature
- Hot, salty baths
- Meditation
- Creative visualization
- Painting
- Reading
- Listening to Music
- Dancing

There are certainly other ways that you may already know from your personal life. Create the routine of using energy clearing methods every day to help you stay in balance. The more you work to shift and release all of the emotional energy you collect throughout the day, the better and healthier you will feel.

The Waterfall

And finally, my favorite technique to block and absorb unwanted energies, the Waterfall visualization. Your eyes can see things without closing them. You can picture the idea of a stream of water floating between you and another person as you are speaking to them. Water is very calm and nurturing. It is the element of emotion. It allows you to stay open-hearted and loving. At the same time, you let other people's feelings pass into the flowing calm waters of your imagined waterfall.

This technique has worked for me so many times over the years and continues to do its job well.

Chapter 11
Learn How to Handle
Negative Energy to Support Yourself

Being an empath means that you are quite sensitive to the energies of those around you, places, and also nature. This sensitivity means that you tend to experience a rollercoaster of emotions. Therefore, it is important to learn about how protect yourself as an empath.

The wonderful gift of empathy can quickly turn into a nightmare if you don't know how to balance your energy or ground yourself. A lot of empaths develop addictions because they are absorbing too much energy from others and are unaware how they can protect themselves. By developing addictive behaviors, these empaths tend to numb themselves to all the energies around them and unconsciously try to protect their energy. However, this isn't the right way to go about it and will only harm you in the long run. Learning to balance your energies helps ensure that you are stable and are letting external energies harm you. It is about gaining stability, it helps heal yourself as an empath while healing others around you.

Protect Your Energy

Protecting yourself as an empath isn't something that must be taken lightly. If you do this, you will feel like the world is getting too complicated and troublesome. It will become impossible for you to cope with all the excess energy that you can feel. This, in turn, can effectively destroy any personal relationships that you have. By learning to protect and balance yourself, you get a chance to focus on what is most important to you. Protecting your energy is essentially about decluttering your life and ensuring that you aren't too vulnerable as an empath. In this part, you will learn about certain easy and practical steps you can follow to protect your energy as an empath.

Start Journaling

Start maintaining a journal to make a note of your feelings and the emotions you experience throughout the day. Journaling is a great way to reconnect with your innermost self. Also, when you make a note of your daily experiences, you can see the areas of your life where you need to improve yourself. It will give you a better insight into your nature and make you aware of your actions and reactions. Maybe there are instances where you wish you had reacted differently. Journaling gives you an opportunity for self-reflection. You can make a note of what you feel and how you wish you felt instead. You can also use it to write positive affirmations about yourself. This is essentially a technique to mentally and emotionally the clutter yourself from the challenges of life and stop you don't have to worry about whether what you're writing makes sense or not. Simply write about whatever you feel. It will give you better clarity. It is also an ideal technique for expelling any negative thoughts and emotions from your mind. Spend at least fifteen to 20 minutes at the end of the day to journalizing your experiences. It is a simple practice, and after a while, I'll become a habit. It is a conscious way to become self-aware.

Me time

Everyone needs to spend a little time by themselves. As an empath, you need this more than anyone else. You need some “me time” regardless of whether you have any other commitments to attend to or not. At times, the simplest means to recharge and protect your energy is by spending a little time with yourself. This is also an opportunity for self-reflection and self-care. Spend at least an hour by yourself every day. By distancing yourself physically from others, you can rejuvenate your body, mind, and soul. When you spend some time alone, all the energy that you will absorb from others will slowly disappear. If you are actively in contact with others' energies, you can concentrate on yourself. Spending time by yourself is unselfish, and you must not ignore it. You can meditate, spend some time writing in a journal, or engage in any other hobby that you like. Keep all your electronic gadgets away and concentrate on your energy.

Spending time outdoors

As an empathic healer, spending time in nature is the best way to recharge your energy. Whenever you get a chance, spend some time

outdoors. You will feel more grounded and relaxed when you spend time in nature. You can sit under a tree, and maybe even meditate for a while. Visualize all the negative energy leaving your body. Picture it being absorbed by nature while you are absorbing nature’s positivity. If you can, walk on grass for a while or even dip your feet in the water. Use the elements present in nature to heal your body and protect your energies. By walking barefoot, you can connect your energies with that of the ground or the Earth. It will help you stay grounded.

Take a Timeout

Remember that you are the only one who can control how you feel. You always have a choice, and you don't have to feel powerless. You'll feel powerless only when you give away this power to those. Things will affect you only if you let them. So, the best way to protect your energies is by taking a timeout. As an empath, it is only natural that you empathize with others, try to help them, or are upset or even judgmental of others’ actions. This, in turn, creates a need within you to help others. Essentially, it means that you are trying to fix others regardless of whether they need any fixing or not. So, you are transferring your energy while absorbing theirs. Well, this merely means that you are shouldering their existing or perceived flaws as your own.

If you tend to do this, it is time to take a timeout. Start detaching yourself. No, you don't have to become a hermit. Instead, you must become selective about all the energies that you allow to enter you. You don't have to fix everyone else's problems, and it isn't your responsibility. It is okay to try and help others. However, you must not do this at great personal cost. Remember that every obstacle that you face in life is an opportunity to learn. If you don't learn your lesson, it is quite likely that you'll keep making the same mistake over and over again, and the lesson will continue to repeat itself in various situations until you learn from it. The same applies to others as well. So, by trying to fix them, you are depriving them of this opportunity to learn. Instead, make it a point to help them when they come to you for help or advice. You don't have to be a martyr.

Meditation

Meditation is an excellent way in which you can reconnect with your true self. It helps you escape your everyday life and look within yourself. Apart from this, meditation also makes you more mindful and conscious of your thoughts, emotions, and feelings. There are different ways in which you can meditate. From practicing a simple breathing exercise to devoting time for quiet self-reflection are all forms of meditation. By practicing meditation, you can also calm your mind and get mental clarity. We all lead rather stressful lives these days, and empaths are under constant stress. By meditating, you can quickly escape this stress and gain equilibrium. Once you have mental clarity, it becomes easier to concentrate on your daily activities.

To start meditating, close your eyes and try to visualize your energy field. Once you do this, try to see any negative energy, which is present in that field. Now, visualize that there is a huge vacuum cleaner that's sucking out this negative energy. Use this universal vacuum cleaner to get rid of any negativity and protect your energies. As this vacuum removes all the negative energy, visualize that it is being replaced with bright white light or positive energy. This exercise takes only a couple of minutes, and you can practice it whenever you want.

The best time to meditate is early in the morning when your mind is fresh. Try meditating outdoors for the best results. This not only helps you spend some time in nature but also revitalize your energy field and prepare yourself for the day ahead. Create a meditation routine for yourself and stick to the routine. Spending as little as 15 minutes every day meditating can bring about a positive change in your life. While meditating, ensure that you find a quiet spot to yourself without any distractions.

Sending It Back

When you spend some time and consciously think about it, you will realize that more than half the thoughts and emotions you're experiencing aren't your own. If something doesn't belong to you, return it. As an empath, your body acts like a sponge that absorbs every emotion or feeling that's present around it. To stop doing this, you must make a conscious decision to differentiate between your feelings and those of others. If you keep practicing that continuously and persistently, it becomes easier for you

to make this distinction. If you notice any extreme emotion that you're experiencing isn't your own, send it back, with love and firm boundaries. It doesn't belong to you, so you must not allow it to affect you.

Energy Vampires

Whether you like to admit it or not, there will be people in your surroundings who tend to drain you of your energy. Even merely engaging in a conversation with such people will make you feel tired. Also, when others harbor any negative feelings or emotions about you, they unconsciously tend to send the same toward you. This negative energy being directed toward you while you're being drained of your positive energy will make you feel tired. Keep in mind that any intention that is emotionally charged is quite powerful. It doesn't matter whether this emotion is good or bad; it will have a direct effect on your energy field. The company you keep matters a lot. It tends to have a direct effect on how you feel.

Start spending time with people who make you feel better about yourself and who genuinely wish the best for you. If you notice that you feel tired after spending time with certain people, then it would be wise to stay away from them. Whenever possible, cut ties with all toxic people. If that's not possible, maintain as much distance from them as you physically can and limit your exposure to their toxic energies.

Water

Water represents the fluid energy of Earth, which washes away everything negative. The fluid nature of water helps cleanse your energy field. Cleansing yourself using water is a popular practice in various cultures across the world. You don't need holy water to do this. This is one of the reasons why people tend to feel calmer after taking a bath or shower. Stand under running water and notice how you feel better instantaneously. Or, you can even draw a warm bath with yourself and spend some time setting an art. You can infuse your bathwater with protective crystals or even your intentions for cleaning your energy. If you don't want to do this, then you can always visualize that you are allowing water to cleanse your energy field. Visualization is a very powerful tool, and when used wisely, it can help protect your energy field. Visualize that as the water runs down

your body, it is taking away every ounce of negative energy that surrounds you.

Shield Yourself

There is a simple shielding technique you can use to protect yourself from negativity. Visualize that you are surrounded by a cocoon or a protective cloak around your physical body. Essentially, you must visualize some sort of shape around your body, which will act as a shield. The next step is to visualize that there is a small opening in this shield either at the top of your head or below your feet.

Chapter 12
Understanding Psychic Empaths

There are different kinds of empaths who specialize in specific types of psychic work. Geomancy is a skill in which the empath senses the energies and vibrations of the earth. You can use this skill in dousing, detecting water underground, or predicting upcoming bad weather. Psychometry is the psychic ability, which enables an empath to obtain impressions from various objects. This is sometimes used by the police in solving strange or violent crimes.

Clair cognizance is another unique skill in which the empath knows exactly what measures to take or actions to perform in any given situation, especially during an emergency or a crisis. They can act with self-assurance, peace and calmness, inspiring everyone around them to act in the same way.

Some empaths can also sense spirits and work with them, a psychic ability called mediumship. Some can heal by feeling other people's symptoms and help them by transmuting energies. Similarly, they can help others overcome emotional traumas. Some empaths can communicate with nature in general while others do the same with animals. Precognition is another rare gift in which psychic empaths can perceive events or disasters that are about to occur.

While empaths are endowed with significant abilities as mentioned above, they often pay a high price for these. Often, they are being judged and misunderstood. Sometimes, they also receive derogative, even contemptuous, remarks for their declarations. Empaths can be particularly sensitive of their environment, causing them to acquire physical up-sets and strange allergies that cannot be diagnosed by regular medical practitioners.

Although their talents and abilities are truly significant, they are not all-knowing. Their skills may not work at optimum levels all the time, nor can they heal all ills and diseases of humankind.

History of Psychic Empaths

Since prehistoric times, psychics played a notable role in human culture. They often hold positions as priests, priestesses, seers and mystics in various religions before the inception of Christianity.

Many psychic seers can be found in the Bible, including Samuel, Gad and Amos. Samuel was the one who found the donkey of King Saul. Gad was King David's seer, while Amos was the seer commanded by Amaziah to escape Judah and practice his prophetic endeavors outside that land.

One of the most recognized names in ancient psychics is the Greek Oracle of Delphi. It wasn't an actual person, but rather an office convened by the cleverest woman in Delphi. She interpreted information directly from Apollo, the God of Light and Truth. Her visions were increased by the natural steams emanating from the hot springs in the Delphi area. In ancient Egypt, the well-known seers were the priests of Ra on Memphis. In Assyria, oracles were called nabu, meaning "announce" or "to call."

During the Renaissance period in France, Nostradamus became a famous name in prophesying. His prophesies are still well-recognized across the globe and have been on print consistently since they were first written.

In mid-1800s, when the planet Neptune was discovered (a discovery that rules psychics), the Spiritualist Movement began and expanded. Many psychics flourished during that period, including Edgar Cayce, Daniel Dunglas Home, and Madame Blavatsky.

Psychic empaths have walked the Earth ever since the dawning of humankind's history. However, it was only during the New Age Awakening of the 70s and 80s that empathic skills were recognized as being distinct from other psychics.

How Empaths Feel

Since empaths are highly sensitive to the different energies surrounding them, they often fall victim to inner conflict and tremendous stress. When an empath's empathetic nature is in full effect, he may experience abnormal nervousness or feel as if an electrical current is suddenly overpowering him. This is followed by an overflow of emotions.

Strong melancholic feelings may arise out of nowhere and engulf him. This can become confusing for the empath since he may not completely understand what's happening to him. He takes on those feelings as his own and tries to formulate an explanation as to why he feels such unfounded emotions.

Because of this, it is no surprise that most empaths become depressed at some point of their life. Depression may even be a recurring visitor for many of them. Besides negative emotions, empaths can also absorb other people's positive vibrations. However, this up-and-down phenomenon can create an emotional rollercoaster ride for the untrained, unaware and inexperienced empath.

How Empaths Obtain Information

The true mechanisms of psychic/empathic abilities are still unknown. Numerous theories have been made in an attempt to explain such mechanisms. Still, all of it were mere matters of conjecture. Not all empaths possess only one ability. Some can obtain information using multiple psychic skills that work in unison to create one "mega" psychic ability.

For instance, an empath may use his psychometric abilities to obtain information by simply touching a person or an object. Then, his empathic ability processes that information to induce feelings. Looking beyond those two psychic abilities, the empath may also possess strong clairaudience, clairvoyance, and other skills that facilitate the processing of all the information he is receiving.

It can be difficult for a psychic empath to find ways to control the information he receives until he stops to evaluate his processes and determine if he is operating only on empathic abilities or a set of abilities. Testing oneself on each potential ability requires a great deal of patience and time. However, once the empath has successfully established a baseline, it will be much easier to comprehend how his psychic ability is related and how his combined abilities function and interact.

Opening Up Your Inner Abilities

If you have gone through all of the contained in this, you will know that you need to go through the pages again to fulfill your wish to become a psychic. However, we thought that putting the blueprint here in one would help you to make a list of the things that you need to do to move forward in this venture.

Take up Meditation - The sooner you do this the better. If you want meditation to make a difference, you can do no better than simply going on a retreat where trained gurus will be able to guide you. I would suggest that professional help is better than trying to go the road alone because you will need to learn new systems of thought that will help you to achieve the best that you can from your meditative practice. The problem with trying to do this on your own is that you may be missing out on a real opportunity to learn all about what's going on inside you. Many try to meditate alone and give up because they don't get past the initial tries and find that it's too hard to concentrate. However, in a retreat, you will learn the benefit of taking this seriously and it will help you to open up the intuitive side of your character which is where all of your psychic abilities are located.

Learn about Chakras - The reason you need to learn this is so that you can instantly recognize the problems that your clients have without there being too much verbal interaction. If you understand the power of the Chakras, you are better equipped to help those who seek your assistance.

Spend time in natural surroundings – This helps you to quieten the mind. To be a good psychic you need to be in this moment in your life. If you are too busy in the world of commercialism you forget about the way that nature nurtures. That's very important. It helps you to be empathetic and it helps you to be at one with yourself which is vital for anyone who is going to give any kind of spiritual guidance to others.

Practice Clairvoyance in your everyday life – You may wonder how you can do this. Clairvoyance simply means "clear seeing." That means that you must not complicate your life and that you need to go back to basics. Clairvoyance has absolutely nothing to do with seeing into the future. It simply means being able to visualize. This is a very necessary skill to a psychic and practicing visualization is important. To do this, close your

eyes and look. Try to think of something that makes you feel happy and prosperous and hone in on the vision. See it. Feel it and most of all live it. This will help you with your clarity of purpose and will sustain you when you make errors of judgement. You cannot always be right, but you can learn by visualization to use the times when you are wrong as lessons so that in the future, your predictions and readings are more accurate.

Learn to become grounded - As we have explained in, life is made up of energies. Those who are not grounded are more likely to dwell in the past or worry about the future. When you do yoga, for example, your hands are given a particular position to keep you grounded during your yoga practice. If you are not practicing yoga, you need to find that balance within yourself.

Practice with Psychometry – Often used for criminal investigations, this form of psychic energy is when you hold an object in your hand and take the vibration sent from that object to tell you something about the owner of the object. It can be a piece of jewelry, or a set of keys or even a garment that has the aroma of an individual still on it – rather than fresh out of the washing machine. Close your eyes and rub the object in your hand until you feel all the energy flowing from the object into your hands. You can start by asking yourself simple questions such as whether the owner is a woman or a child. You can also ask yourself how old this person is. Write down your responses and then check up on their accuracy. You may find that you are more gifted than you thought.

Memory recall – This is vital and helps you to develop your fundamental skills. Have a friend place five objects onto a tray in front of you. You have several moments to look at them and to associate them with your friend. Then the tray is taken away and you need to recall as much detail as you can about the items. This is valuable because it makes you more observant.

Seeking things out - Hold an object in your hand and pass it to a friend. Ask your friend to hide the item in your home and then use your instincts to find it. Try to hone in on the vibrations of the item because this helps you to develop your psychic skills.

Practice Telepathy – Ask a friend to help you with this exercise. Take four numbers and ask them to concentrate on one of them. Ask them to take this seriously and to try to transmit to you the number that they are thinking about. Close your eyes and take the energy of their thoughts into your mind to guess what the number is. This same game can be used with colors, shapes, objects etc. to help you to build up your ability to telepathically work out the message your friend is trying to pass to you.

Learning to sense energy fields - If you have classes near you where energy is explored, then these are ideal for learning all about taking in the energy from people around you and also learning about auras. These help you to release your own energy and to correct the flow so that you are able to see clearly what it is that you need to address. People with blocked energy often find that their psychic abilities are also blocked because of this. If you need to be assured about the importance of the energy flow, look at the on Chakras.

13
Benefits and Challenges of Empathy

Simply put, an empath is a person with heightened sensory awareness who experiences the emotions of others. They easily attune to the feelings of those around them by interpreting body language, and can gauge the emotions of others by observing subtle facial gestures, called micro expressions, that reveal fleeting feelings of disgust, fear, happiness, sadness, or contempt. They are also adept at interpreting hand gestures or facial expressions. Through intuition and instinctual observation, an empath can feel someone else's emotions with intensity.

What Does It Mean to Be an Empath?

For an empath, attunement is a reflex. Empaths go about their daily lives, picking up and processing emotions along the way like a magnet. Because of this ability, empaths need intentional self-care and deliberate management of their emotions to avoid overwhelm (which occurs from exposure to too much stimulus), anxiety, and depression.

While a robust empathic nature is indeed a gift, regular exposure to others' emotions can quickly lead to depletion, exhaustion, and feelings of imbalance. Knowing how to manage daily experiences and interactions properly is critical. By using mindfulness techniques and the tools in this book, empaths can protect their well-being and ease the anxiety that accompanies them wherever they go.

Similarities and Differences Between Introverts and Empaths

Empaths and introverts are similar in many ways, but there are some subtle distinctions between them. For instance, both empaths and introverts need alone time to reenergize and regain their sense of peace at the end of the day. The critical difference is that an empath also uses this alone time to shake off the emotions collected from other people throughout the day, whereas introverts simply need to recharge and don't necessarily need to process emotions they've accrued from others. A common misconception is that all empaths are introverts. While many empaths are introverted, there are plenty of extroverted, and even ambiverts, empaths who all reenergize in different ways.

The real magic emerges for empaths, whether an introvert or an extrovert, when they learn to tap into their unique empathic nature, develop their empathic strengths, and combine these strengths with emotional-processing skills to create an integrated balance that allows them to thrive. Empaths have the ability to give challenging experiences meaning by engaging in transformational actions for reducing anxiety and managing emotional well-being.

Empath Children

Children are masters of attunement, and they learn how to navigate their emotional landscape from their adult caregivers. Infants instinctually align their heartbeat to match their mother's while breastfeeding, cuddling, or sleeping. Through this alignment, children grow and evolve by attuning to their caregiver to satisfy their practical needs for food, sleep, and affection. Likewise, they also attune to their adult caregivers to satisfy their emotional needs. By learning how to attune, their attachment style emerges. If the caregiver is distant or dissociated, an infant will show distress and emotional confusion while trying to attune because they are so desperate to establish a connection that makes them feel safe. When an infant experiences an engaged parent who is connected to their emotions and mentally present, it's more likely the infant will develop a secure attachment.

Empath children are no different in their need to connect to their caregiver but may require less stimulation to maintain emotional balance. Bright lights, loud voices, or chaotic family systems are engaging for many children, but for an empath child, this stimulation can be overwhelming and their need to attune to a parent for emotional comfort will become evident. While all infants rely on their caregivers to calm their unregulated moods, highly sensitive children might need parental soothing more often because they experience states of overstimulation frequently. Additionally, highly sensitive and empathic children might display an exaggerated reaction to sensory stimulation compared to other children.

Self-soothing is an essential skill that empathic children need in order to cope with the drama of daily living, sensory overload, and emotional overwhelm. A caregiver can support a highly sensitive child by patiently observing the ways the child naturally exhibits self-soothing behaviors and encouraging the child to develop routines that engage those behaviors. Caregivers can be supportive by providing a comforting presence while an overwhelmed child expresses their emotions and can also use calm breathing to soothe a distressed child. Helping a child soothe lays a foundation for the child's future ability to self-soothe.

Empath Parents

Part of the parenting experience is a deep sense of empathy for our children while supporting them as they explore complex and challenging emotions. Empathic parents need to balance their own emotions while sensing the emotional landscapes of their children. Learning to establish and maintain ethical boundaries is a crucial tool for doing the emotional labor that supports the family. Empathic parents will feel the emotions of their children, but it doesn't have to be at the expense of their own well-being. In fact, it's imperative to find ways to self-soothe, practice self-care, and develop good emotional hygiene in order to create a foundation of harmony in the home. Remember that children attune to their caregivers and are subconsciously looking at them to know how to feel and how to develop their emotional language. Tending to your emotional health as an empath will teach your children to do the same and increase their emotional intelligence.

An empath parent has a deep well of emotional resources to offer the family. An Animal Empath can teach children how to show loving kindness to animals and inspire a lifelong relationship of caring for sentient beings and the fulfillment that such care brings. An Intuitive Empath can use all five senses to bring worlds of curiosity and wonder to their children and help them hone their own developing senses. Empath parents can also use their empathic nature to decide how to spend quality time with their children. Aesthetic Empaths can visit a museum with their kids and connect over the shared sensory experience of viewing a work of art. Likewise, Physical Empaths can bond with their children through sports, yoga, or other physical activities.

Parents often want to be perceived as perfect caretakers who have endless patience to nurture their child through their struggles gently. Realistically, parents feel insecure about their parenting ability more often than not, because they don't know if the choices they're making are right or wrong. They are imperfectly doing their best.

Being a parent is challenging no matter what. But the desire for a deep level of love and connection leads people to want to become parents in the first place. For all the rewarding, oxytocin-induced bonding parents do with their kids, there are moments of exhaustion, frustration, and soul-deep depletion. Kids are loud, messy, stubborn, expensive, and often inexhaustible. All these things have the potential to rock an empath to their core.

Additionally, the culture of raising children is more intense now than it has ever been. Daycare, spirituality choices, education, and expectations around nutrition leave parents feeling judged and diminished. Relying on empathic strengths to bolster parenting skills is a powerful tool for self-support and guidance that's being adopted by the communities that make up the proverbial "village" we need to raise lovely, integrated humans.

RED As an Emotional Empath, you can assess which emotions belong to you and which belong to someone else by asking yourself two questions.

First, "What was I feeling right before I became angry (or sad or activated)?" Second, "Was there a triggering event that preceded this feeling?" If you were feeling fine, and there wasn't an easily identifiable

trigger, chances are you picked up someone else's emotion. Ground yourself with a few deep breaths and allow the feeling to pass.

INDIGO As an Animal Empath, you understand that animals have their own ways of communicating and that not all animals want to be touched.

You can sense when a dog is feeling protective, scared, or unpredictable. Verbalize these vital signals to children so they develop a respectful relationship with animals. When a dog has its tail down and lips curled, it's probably best to observe them from afar. Your child's intent for wanting to engage with animals is probably just to grab a quick cuddle, but things can quickly turn harmful for both animals and children if the complex behaviors of animals are ignored. Your secure connection with animals is something to share with your kids so they learn to respect these subtle cues, too.

VIOLET As an Intuitive Empath, you have mastery over the sensory information you receive.

You've learned the hard way what happens when you talk yourself out of what you know and fail to trust your gut. Remember a time when you went against your intuition and the adverse repercussions that occurred. Journal about the experience and then tune in to how you feel in your body. Write down any feelings that arise. Unpacking the experience through journaling gives it meaning and deepens your emotional wisdom. Keep this journal entry as a resource and refer to it whenever you find yourself doubting your instincts as a parent.

14
Fundamentals of Psychic Training

Psychic Training Guidelines

You will begin to evolve and change once you step into the supernatural world. You will experience the world as you've never seen it before. When heading into unknown territory, we must be prepared with the right tools. The experience can be a little overwhelming and sometimes disorienting. If you are not focused, it will all be a waste of time. Following are some basic guidelines to enhance your psychic abilities.

The Right Attitude

With practice, you will become more adept and natural with your natural psychic gift. It will eventually become merely another part of you. You are not just an extension of a psychic ability, you embody it. It's how you are able to say that you have psychic ability. Once you master your abilities, you will be a psychic. As your development grows, it will become a way of life. You become a psychic by actively seeking it.

As with any other skill, some people are born with it while others develop it with practice. It becomes a part of who they are. The gift is not feared; therefore, it is like a natural part of them. With time, others will be able to awaken their psychic ability. If this is you, you may have to work at it harder but you will still be able to harness that power. The key to developing psychic potential is a willingness to trust and know that it's there. Listen to your inner voice even if it goes against everything you have been taught your whole life. You must open your mind and be willing to let go of traditional ideas and embrace a whole new world.

If it seems too hard at first and you feel like you are getting nowhere, keep trying and trust your potential. Consistency is essential. If you are not consistent, you are not going to see results. It's going to take you longer to harness your power. You can't rush through things. If you do, you will find yourself discouraged and even frightened by what is being revealed to you. Patience is the key. It will guide you and keep you moving at a pace that will help you become an effective psychic.

Better Memory

If you don’t get the right amount of sleep, you are not going to use your intuition to its fullest. To work at maximum capacity, your mind needs rest. The dreams or visions you have while sleeping may be something you must remember to follow your intuition. Keeping records of your dreams might help you locate a pattern. Patterns are useful in getting a full picture of what your mind is thinking. Buddhist monks meditate to reach Nirvana. This simply means that they are trying to reach inner wisdom that everyday life can’t give them. Total concentration in meditation must happen to get anything from meditation. Sleep is another way to get inside your head and see things more clearly. Try to get at least eight hours a night and have a journal handy to jot down your dreams. Just like your body is healing itself during sleep, your mind is sorting through your problems. Recording your dreams in a diary while they are fresh in your mind will give you greater insight, which will help you develop your intuition.

By recording your dreams, you will start trusting what you find coming from your subconscious. This is important while developing your abilities.

Respect Your Psychic Skill

By accessing your psychic skills, you are diving into a whole new world, one that holds large amounts of power. Misusing this power can bring trouble into your life. Using power beyond your ability will attract the wrong attention. You could also cause harm to befall others as well as hurt the reputation of psychics in general. Don’t overstate, boast, or try to set yourself up as Miss So and So. You’re not in this to start a hotline. You do this to use a gift you’ve been able to develop and share with others.

To quote Spiderman’s uncle, “With great power comes great responsibility.” It’s best to adapt as you journey through this realm. Proceed with honesty and integrity for yourself, others, and your gift. You shouldn’t try to share your ability with others until you are confident in it. As you enter this realm, you might feel uncomfortable or unhinged at times. That’s perfectly normal. It’s all part of the process. The more you accept the beautiful new things coming your way, the easier the transition.

This journey will open you up to becoming more sensitive to all the subtle things in the world. You may start to see things that make you think you are hallucinating, for example, shadow figures in your peripheral vision, lights, or auras. You may hear things that don't seem to come from anywhere or experience other phenomena. Anything is possible. As you become more open, you may start to sense a presence or someone close to you.

There's no need to be afraid. These things have always been there. You have simply become more aware of them. You must adjust to these things over time. They will soon become a part of who you are and your everyday life. You will soon have a bunch of new friends.

The Sixth Sense is a movie that portrays a little boy who sees dead people. He is frightened by his ability because he doesn't understand what is happening to him. His mother thinks he is disturbed and hires a psychologist to help him understand his ability. Over time, the psychologist helps him accept his gift of "sixth sense." This example reminds us that not everyone will accept the ability to see things that others can't. Take care when telling others about your visions because they might not be ready to share your experiences. You could also end up damaging your relationship with them if they are not understanding of these kinds of things.

You must be able to take disappointments because your other sense might let you down. You might make a mistake when reading someone's future or even coming up with ideas about their past. Embrace humility. This helps you see mistakes as a learning curve that helps you move beyond normal limitations. Sure, you will make mistakes but don't let it allow you to stop trusting yourself. You attempted to come up with answers for someone and you should look at it as such. You are going to encounter surprises along the way; just learn from them. The most significant learning aid is experimenting with your psychic ability.

Stay Grounded

As your awareness of the subtleties of reality increase, you could start to feel detached from the physical world. You could think of it as daydreaming. You stay loosely attached to everyday life while exploring higher and deeper realms of imagination. It's good that you have opened

yourself up to an enhanced reality. To maintain a healthy life while using your psychic gifts, you must learn to merge the two into your everyday existence.

This is why you must bring your awareness from the conscious mind more in-depth into the other states of consciousness, rather than the other way around. If you only open yourself to the higher states, you might start to lose your grip on reality. You might experience imbalance and have a loss of psychological equilibrium. In extreme cases, this concept occurs in people who have schizophrenia. They might be tuned into elements beyond our reality but they don't understand what's happening. They are caught in their own world and can't establish a balance between it and the physical world. This detachment creates a psychological split. People with schizophrenia are unable to distinguish between a supernatural world and a physical world. They have lost the ability to accept the right place of either in their lives.

Not staying grounded may affect your ability to remain organized, to follow and contribute to logical conversation, or to manage your time well. It can become more challenging to maintain the essential functions of the physical world because you are becoming detached from them. You must incorporate all aspects of life and integrate them into a holistic balance by opening yourself up while staying active and organized on a practical level. You will have a much smoother journey when you can stay grounded throughout the process.

How do you stay grounded? Stay up to date with your everyday tasks. Sit on the ground. This connects you to the Earth and the physical world by synchronizing your energy with the grounded frequencies of the Earth. Get out in nature. Walking ten minutes each day will do wonders for your mental and emotional states. Metal such as copper and individual crystals will help keep you balanced.

When you stay grounded, you help develop a foundation from which you can go through the higher realms of consciousness confidently without getting swept away. Think about a pyramid. The base is your foundation, keeping you connected with the Earth. As you climb the pyramid, the structure melds, culminating in the totality at the pyramid's pinnacle. This is your acute clarity of mind, able to connect with any frequency in the

universe, to be of excellent service to the world, and to access vast amounts of knowledge.

Yoga or meditation is a great way to stay grounded, as these practices help you look within rather than be influenced by the world around you. When we look at people, we assume things. The world is made up of assumptions based on modern beliefs. Look beyond them; don't judge a book by its cover. Learning inner focus through yoga or meditation will keep you grounded so you can see your skills in another light.

The problem with society is that we forget what being grounded means. It has nothing to do with fitting in. Nor does it mean we must act in a certain way. It simply means being able to focus one's thoughts and pick up the vibrations which help us use our abilities. You simply trust your inner instincts. A great deal of observation is used when you demonstrate your psychic abilities. This can be seen in the character Patrick Jane on the TV show "The Mentalist". This character has worked at being a psychic in the past. He owes his ability to being grounded and being able to see things other people may not. His observation ability is astounding. This shows us that even though he is a fictional character, the fact that he can remain grounded is the most essential part of his ability.

Grounding simply means believing in oneself. Once achieved, you can demonstrate your psychic ability in much better ways. Sureness and clarity are very important because they will help you develop your intuition. Instead of starting with preconceived ideas and morals, grounding allows you to start from the beginning. You will find that you are more grounded and able to deal with problems rationally when you take judgment out of the picture. You can listen to people and help them work out their problems without letting judgment get in the way of your psychic ability. Grounding merely means having a base upon which to start your session. This is the you that you were as a child—not worrying about anything. It's the you that shows up when you sleep. Its needs are uncomplicated and allow you to look beyond the problem to see what lies beneath.

Just like D. Takara Shelor said, "The more you meditate, spend time in nature, raise your consciousness, and get in touch with the more spiritual side of life, the more highly refined and sensitive you will become to subtle energy."

15
The Qualities of Psychic Empathy

You Are Aware of Everything Around and In You

The average person is often aware of what is going on in their life, at least to a reasonable extent. They can tell what they are thinking about, they are peripherally aware of what is happening in their external environment, and they are able to read the verbal and visual cues from the people they are surrounded by. A psychic empath takes this a notch higher. They can sense just about everything in themselves and their external environment. They are able to walk in a room and immediately read the mood of the room. They can tell when a person is getting angry or upset even before it shows on their face. If you are a psychic empath, you will find yourself being very aware of what is happening in your life and even in the lives of the people you care about. If a friend is going through a heartbreak, you will share their pain in a way that others cannot, even before your friend makes this pain public knowledge.

You Hate Crowds and Prefer Being Alone

While you care a lot about people, you also prefer to interact with them on a one-on-one basis and not while they are in a crowd. You find crowds overwhelming and prefer to keep your own company. You like solitude because it allows you to recharge your energy. You cannot survive for long in a crowd setting. Crowds steal your joy; they make you nervous and anxious and they drain you. The reason why crowds drain you so quickly is because you are continually picking up energy signals from people and being in a crowd means you are bombarded with so many signals that you get overwhelmed. Do you prefer staying indoors to going out? Are you the kind of person who would rather watch a concert on TV than actually attend the concert in person?

You Are an Amazing Listener

A downside of being known as a good listener is that people tend to take that as their cue to dump all their problems on you. If you have been suspecting all along that you are an empath, this is a problem that you likely

have. Empaths are often keen to understand people truly and they do this by listening more than they talk. People love good listeners. Most people love talking about themselves and will gravitate towards anyone who gives them the chance. Because of your excellent listening abilities, you may have found yourself playing therapist to friends and strangers alike. Unfortunately for you, you might not have a whole lot of empaths in your life who return the favor. The journal you write in every night before you go to bed might be the only listening ear that you turn to after you have spent your entire day listening to other people rant about everything and anything.

You Are Highly Emotional and Often Moody

An empath feels their emotions and then feels other people's emotions. Naturally, there is going to be a whole lot of moodiness going on. Imagine having to deal with the emotions of six people within an hour. How would that make you feel? Moody, at best and murderous at worst. This is the daily predicament of an empath. They may leave their house feeling all happy and content only to experience six different emotions even before they get to work. If you have a person in your life who seems to have a new emotion every hour, it might be that they are an empath whose feelings are linking with the emotions of other people.

You Often Feel Emotionally and Mentally Drained

As a psychic empath, it is natural to feel depleted at the end of the day when you have used up all the emotional, mental, and physical resources that are available to you. It can be especially daunting if you are working in a situation where you are regularly exposed to people who are in pain or who are upset. What makes it worse is that there are people who consciously drain your energy from you once they figure out that you are an empath. These people are referred to as energy vampires. elves into the details of how to identify an energy vampire on top of sharing some simple tactics that you can employ to protect yourself when faced with an energy vampire.

Kids and Animals Naturally Gravitate Towards You

Kids and pets are not known to be articulate as far as communicating other people’s intentions. However, they are both extremely intuitive. What young children and animals lack in communication skills they make up for in intuition. Intuition is defined as the ability to understand instinctively without relying on conscious reasoning. What this means is that a child will instinctively know that you are a right person without going through the steps of logical reasoning. The same case applies to pets. If you are the person that the dog runs to every time even though there are other people in the room, then maybe you need to start looking at yourself more differently. Mainly if the other signs of the psychic empath as listed above already apply to you.

You Struggle with Intimate Relationships

As an empath, it is common to struggle with the need to be loved while also wanting to be alone. Togetherness may not be your cup of tea, especially when this togetherness means being overloaded daily. Psychic empaths have to go through a wide range of emotions as they interact with people daily. When they are given a choice to be in a relationship or not, many psychic empaths want the opportunity to be alone just because it's so much easier than being with someone. It's not that they want to be alone forever; it's just that they have gone through the motions of being emotionally drained and they just don't feel like going through it again. It can be quite the delicate balancing act, and many times you will find yourself pushing people away. Some people may assume that you are simply scared of commitment without realizing that you are healing yourself from emotional scars and do not want to take any more on board.

Spirituality Resonates with You

There are many different religions in the world with all sorts of rules and ideologies. However, all these strict rules of what you can and cannot do just don’t make sense to you. When someone who is gifted with great intuition, they instinctively know what is morally right and wrong and abide their own natural laws that feel right to them. In today's world, the only concept that seems to make sense to the empath is spirituality. Spirituality is a comprehensive concept, giving the empath a sense of freedom, encouraging a path of self-discovery, growth, and connectedness.

Spirituality also expresses the notion that we are a part of something much bigger than this just this physical world. We are not a human having a physical experience. We are in fact, an eternal soul having a human experience. And this resonates well for the Empath as it ties in with their higher purpose of helping people in the physical world and increasing the Earth consciousness.

You Love Connecting with Nature

Granted, many people love to admire the beauty of the natural world. For you, though, the connection feels more profound and more personal. You love to steal moments at the park, and your ideal home would be a cabin in the woods surrounded by the sights and sounds of the wild. Nature replenishes your energy. You love the greenery of trees, the ocean, and you love to spend your time hiking in the trails. You are never unhappy when you are out and about exploring the natural wonders of the Universe. After getting your energy sapped by those around you, you love the comfort of knowing that nature can restore this energy to the last bit.

You Have Been Accused of Being Too Nice

Empaths really do have hearts of gold. The problem with this is that they do not know when to stop pouring into others. If you are a psychic empath that will give the last shirt on your back, you probably have a few good friends who have picked up on the same. These are the friends who will accuse you of being too sweet and tell you that you need to stop giving too much to people because they can see how much it drains you. What your friends may not know is that your generosity is ingrained in your DNA.

You Have a Very Active Mind

Most Empaths are quite introverted, which means they are in their head a lot. Thinking, observing, daydreaming, visualizing, reflecting and creating. Empaths view the world entirely different to the average person. This with their gifted intuition, comes a significant edge, to create many amazing things to impact the world significantly.

However, this is usually restricted, especially in the empaths early journey from things such as lack of confidence, low self- worth, fear, doubt

and uncertainty. Over time as the empath listens to their intuition and focuses on ridding these low vibrational qualities, life becomes exciting.

Struggles of an Empath

As an empath, you will likely have struggled that non-empaths cannot identify with. Simple situations that non-empaths can quickly deal with (because they aren't using a whole lot of their emotional resources) will quickly drain you and leave you feeling overwhelmed. Empaths often find themselves struggling on a daily basis, and it can be even harder when you do not already know that you are an empath. As such, you might find yourself questioning why you tend to react in a particular manner when the people around you seem to take everything in their stride.

Mainstream Media Is Overwhelming and Draining

While most people look at television as a form of entertainment and a means to unwind after a long day, empaths often have quite the opposite outlook. Television shows can be exceptionally draining for an empath because of the myriad of emotions that producers and directors are aiming to elicit out of their audience. What's more, the news has turned into somewhat of a horror show in itself. Whether news anchors are reporting about the latest Middle East crisis or looming wars between dissenting countries, it only takes minutes before the empath starts their downward spiral into unpleasant emotions.

Empaths Don't Like Saying No

Empaths also often struggle with saying no to others. Most people, empaths or not, do not like to say no to others. There is an individual struggle that comes with denying someone what they want, even when you know it's for the best. It is not for nothing that there are campaigns aimed at helping others know that "no" is a complete statement and answer on its own. When you say no to a person's request, there are often negative feelings that will come by as a result. There might be guilt and even resentment. Empaths hate dealing with negative feelings. They prefer to say "yes" because they like to make other people happy. At the same time, they

do not want to deal with any negative emotions that might result from turning down a person's request because then they might be drained by these negative emotions. At the end of the day, empaths find themselves in a rather tricky position where they need to learn to create boundaries by saying no but also protect their energy by learning how to say no in the most tactful way possible.

Empaths Struggle with Crowds and Group Interactions

Imagine being able to pick up people's energies just by being in their presence. How would that make you feel? For a moment, it might be fun knowing that you can read someone without even needing to ask what they are feeling.

16
How to Prevent Empathic Pain

Life can be a collection of anxieties, hurts, pain, and the list goes on. Many people, especially adults, carry emotional baggage. Empaths are able to collect these energies whether they like it or not. Energy transfer among people is entirely natural, but sometimes someone sends their energy in an unpleasant way.

While there are many empaths in this world, there are also many energy vampires. Some people might be unaware as well that they are vampires, but the dangerous ones are those who are aware on the ways to suck out energies from others. They can also release negative energies. Since empaths strongly absorb energies, they become the target of these vampires.

Empaths can also fall victim to toxic people who dump their emotional garbage on other people. Empaths are also natural givers and that is why energy vampires target them often as prey.

Vampires are the opposite of empaths in that they are takers. They crave attention and praise. These vampires are also called narcissist. They don’t genuinely care about others but themselves. Once the attention and praises stop coming, they will be very irritable and aggressive. They will be cruel and punishing, controlling the empath to feed more energy to them.

Since these vampires can be so seductive at first, an empath may find hope that they will change someday, but they won’t. They will just keep on harassing other people and bringing them into their sick cycle of seduction and coercion. The best way to overcome these vampires is by totally cutting them off. Block them. There is no need to try to change them or hope in them.

Energy vampires also thrive in chaos. Even in good times, they manage to find something negative about it and blow it out of proportions. They make a big deal out of small hitches and make a hysteria out of it. They can be like drama queens who always crave the attention of others and will create all sorts of scandalous scenarios (especially in public) to shame other people.

Empaths should remain calm during these moments. They should not pander to the crises created by energy vampires. Breathing deeply and releasing tension helps an empath to calm down and recover their center. Breathing clears the head of the menagerie of instantaneous reactions and gives way for a more focused solution. It will be tough to sway an empath who is grounded and centered.

Even if empaths have a way of giving and nurturing others by helping them ease their pain, it's not right to abuse them and make them on-call personal therapists. An empath should realize when other people are taking advantage of depleting their seemingly always-available stores of energy. No matter how difficult, setting or limiting boundaries should be enforced by an empath.

Yoga is one of the proven ways to strengthen a person's core. A strong core results in mindfulness and heightened awareness of one's power. Through constant yoga practice, and empath becomes more potent in deflecting demands made by pain-inflicting persons. They can monitor their stores of energy and direct their focus on restorative aims.

Deep breathing and humming help an empath to regain lost energy. Humming is a form of vocalization that creates a vibration that communicates and harmonizes with cosmic energies. It is a way of releasing energies to the vastness of the cosmos.

Empaths naturally have fragile emotional skins. That's why it is oftentimes easily invaded. Sadly, it is only in hindsight that an empath is able to assess a situation when their skins were breached. They look back and judge what happened and how their fortress failed at one point.

Once they are able to assess what happened, they can change their filter settings accordingly so that they can make better quick-thinking decisions in the future. It's very much liked the physical body's auto-immune system which, after getting attacked by a particular virus, develops the needed protectors and strengthening agents in a continuously-evolving process. The next time an empath comes across a similar situation, he can say, "Oh, I've seen this before. I know what I can do about it."

For an empath, these attacks may seem like a never-ending challenge. However, it is actually a natural process of spiritual evolution. It integrates

an empath's nervous system and filters so that they can discern situations better in the future. There may be pain still, but it is lessened because of the level of anticipation and recognition of a potentially painful situation. It's a learning process.

Sometimes, pain is inflicted on an empath because he or she is rejected by the society. This may be because of the powers he or she possesses. Even friends and relatives can be cruel when faced with something they do not understand. That is human nature. Rejection and isolation can cause depression and anxieties in an empath. They may build walls that are as high as the sky to prevent further pain.

Rather than escape the pain, an empath must go into the pain. There is no use trying to escape. It is better to confront the pain that will give way to proceeding to the next step in healing the hurts. It can help to go to genuine healers and they can guide you in the healing process. Ultimately, the efforts should come from you.

While you can prevent some pains, there are also sudden attacks. This can lead to a flood of emotions. It is helpful for an empath to practice body-mindfulness. You must teach yourself to get in touch with your body. Cry or laugh as you feel you must. Listen to your needs. Repression of your own emotions will only lead to further confusion and a build-up of negative emotions.

As an empath, you must learn to love yourself. The above practices to prevent empath pain are rewarding albeit the difficulty of mastering. Nevertheless, these practices have to be done for vampires and pain-inflicting persons to be thwarted away, giving them a much-needed message of warning that they cannot merely invade and inflict pain upon others (not just empaths).

In the case of geomantic empaths, they are experiencing pain because the earth is sick and in pain. This is not the earth attacking empaths in a psychic level. It just needs help in alleviating its own pain. Humans have the capability to transform these into positive energies before releasing it to humanity.

17
Understand Your Empathic Personality

There are two sides to the empathic gift that you possess. There is the positive, healing side of the gift and the negative, draining side of the gift. First, we will investigate the positive potential that this gift has and then, the struggles and dangers of it.

Positive Potential

The empathic gift has the potential to be one of the most critical assets humankind possesses: it can heal emotional wounds opened by tragedy, war, crime, and abuse.

There have always been diseases and conditions that even the most modern human medicine cannot cure. These diseases include such things as emotional problems as well as the sadness of losing a loved one to cancer, the horror of seeing one's home blown apart in war, the terror of having been a victim of rape, or the lingering trauma of having been abused as a child.

Empaths can relate to sufferers on a level that most people cannot. While empaths might not have experienced war, famine, crime, abuse, or any other tragedy themselves, they can feel on an intense and real level what it means to have experienced such things. Often, just having someone care and truly relate is what helps victims of these experiences heal.

Obviously, these experiences are the extremes of the tragedy and brokenness that plagues our world, but even in less extreme cases, such as a breakup, a fight between friends, the illness of a child, or the loss of a job, empaths are able to relate and help carry the burden of these things. The healing nature of the empath—the willingness to bear the burden of individual experiences and their emotional fallout—helps the world become a kinder place.

In addition, the empath has an incredible capacity for creativity and expression. Many times, your empathic gift will allow you to communicate what others cannot. A victim of war might have no idea how to express

what the war was like, but in talking to the person, you come to have some idea and are able to write a poem, draw a picture, or express in some way what that experience was like. Empaths are like a bridge between those who are hurting and the rest of society. An empath takes the hurt that individuals are feeling and communicates it to the members of society chosen by the individual in a way that they can understand.

In other words, empaths are the key to a better society. They are the key to becoming more compassionate toward those who are broken-hearted for one reason or another. If you are an empath, your gift comes with a responsibility—a destiny, even—to change the world for the better.

At the same time, you must be aware of the struggles and dangers that you face as an empath. Let us look at these difficulties and discover how to steer clear of them.

Struggles and Dangers

There are three main areas in which empaths struggle: mental health, addictions, and relationships. We will take a look at each of these types of struggles in order to gain a better understanding of how your empathic gift can function (or malfunction).

Mental Health Issues

First, your empathic gift can be so overwhelming that your mental health suffers. You might even be diagnosed with bipolar disorder, borderline personality disorder, attention deficit disorder, generalized anxiety disorder, social anxiety, or agoraphobia. Although you may not actually have one of these disorders, it is not unusual for an empath to struggle with the same symptoms.

Wild mood swings are a telltale sign that you are an empath, but they can be mistaken for bipolar or borderline personality disorder. Depression is a common side effect of being an empath, since you absorb the emotions and energy around you and so much of the world’s energy is negative.

It is also easy to be mistakenly diagnosed with attention deficit disorder, since your surroundings are so filled with stimuli that your mind cannot

choose where to focus your attention. Your brain must process so many things are once, as you are not only processing your own reality but the realities of anyone around you, that you will seem disengaged with the outside world.

Anxiety is another common diagnosis for empaths. This diagnosis is prevalent because empaths are often very anxious about the negative energies they are receiving. You might become anxious in a crowd, for example, because you are overstimulated. You are receiving so much energy that it is unclear to your brain how you should handle it. This will make you anxious in that moment and memory will trigger a stress response the next time that you face a crowd. This can manifest as general anxiety, or more specifically as social anxiety, where interacting with others and absorbing their emotions causes you anxiety.

Finally, some empaths are diagnosed with agoraphobia. Agoraphobia is the fear of crowds and manifests often as the fear of leaving one's house. Many empaths have this fear, but it is not entirely unfounded. Leaving your home means interacting with people who likely have negative energy and who will likely steal your positive energy. Therefore, being afraid of leaving your house makes sense and is not just an issue of anxiety. However, agoraphobia is still debilitating to you as a person, hindering your participation in the normal functions of life.

Addictions

Addictions and bad habits are a common problem for empaths. You do not need to be ashamed if you have an addiction; this is simply your method of coping with an overload of emotions. Addictions may give you a sense of control that you do not have in your emotional life and seem to help in the short-term, but they will obviously cost you in the long run. Luckily, there are ways to overcome these addictions or more minor bad habits, which we will cover briefly in this part. However, this is just a brief overview of some common addictions, and should not be taken as medical advice. If you think you struggle with any addiction or mental health problem, you should consult a trained professional and licensed medical doctor.

First, you might have an eating disorder, whether it be overeating (binge-eating), eating too little (anorexia), or purging (bulimia). These kinds of addictive behaviors definitely fall in the category of giving you a sense of control. They can be very dangerous, and most often require professional help from doctors and therapists in order to break the cycle.

You might be addicted to some sort of substance, whether it be an illicit or prescription drug or alcohol. This often is a form of escapism—a way to avoid feeling the emotions and negative energies that have filtered into your mind, heart, and spirit. These are also very dangerous, and a professional will often need to intervene to provide you with accountability and support.

For mild unhealthy habits, like overeating junk food, or having a few glasses of wine each night, you can try to replace these habits with newer healthier ones. Things to remember in trying to break these negative habits: First, always replace a negative with a positive. Whenever you are cutting out a behavior or substance, you need to replace it with a positive habit or activity that you enjoy and that satisfies your craving. Second, you need to interrupt the pattern. If you know that whenever you are finished with work and you go home, your tendency is to drink alcohol, then change up your routine and go to the gym after work or go out with a friend. Third, try not to tempt yourself by having the substance to which you are prone to overuse close at hand, or try making the activity less accessible. This might mean not buying alcohol or junk food.

Whatever choices you make in trying to break your addictions or harmful habits, remember that ending your negative habits depends on the maintenance of your mental, emotional, and spiritual health. If you do not remain healthy in your mind, heart, and spirit, then your addiction could return any time you have a tough moment. This means that at the same time as you are working on breaking the addiction that you have, you need to improve your empathic abilities and skills to care for yourself in such a way as to become self-supporting and self-encouraging.

Relationships

Empaths often experience relationship problems and even enter toxic relationships. There are three types of toxic relationships into which empaths often fall: codependent relationships, abusive relationships, and

parasitic relationships. Sometimes these relationship models overlap, so one relationship can fall into more than one category. Each one is dangerous in its own way and must be handled differently when trying to extract yourself.

The first type of relationship, the codependent relationship, is one in which you, the empath, define yourself by how you relate to another person so that outside that person's existence, you do not know who you are. You might be "Levi's mom" or "Nancy's husband" or "Richard's friend," but no matter by whom you define yourself, you do not know that you could go on without them. This goes beyond the normal fear of losing a loved one: you are absolutely terrified that, without them, you would have nothing.

The second type of relationship is the abusive relationship. In this type of relationship, the other person abuses you, the empath, using your willingness to take the blame for mistreatment. The abuser takes advantage of the abused in a physical, emotional, or sexual way, and the abused feels shame and guilt as though he or she is responsible for the abuse.

The last type of relationship is the parasitic relationship. This is a one-way relationship in which the parasitic individual takes advantage of the empath's listening ear and generous heart to get the empath to carry his or her burdens. Instead of asking the empath to share his or her emotional load, the individual shoves the entire burden onto the empath. The parasitic person never asks about the empath and never shows concern for him or her. Instead, in this type of relationship, the concern goes only one way. This puts the strain in the relationship on you, the empath.

18
The Healthy Empath

So, what does a healthy empath look like? With all this talk of the negative aspects of true empathy, it may seem like it truly is a curse. The good news is, an empath or intuitive who has learned how to create and maintain boundaries, and how to nourish themselves while filtering out the things that do them harm can live the fullest, richest lives of all.

Even those things might sound exhausting, like a full-time job. Rest assured, all it takes is some practice. Once you experience how good life can be as an empath, you'll begin naturally taking steps to thrive!

Meet Kara, a 36-year-old freelance writer from Brooklyn. She has been living in New York City for almost a decade. Kara has built up a client list that keeps her busy and comfortable in the apartment she shares with Rachel, a graphic designer she met through a mutual friend.

A typical day for Kara begins with making her bed, then ten minutes of yoga in her small bedroom, so that she can connect to her body and have some idea of what she's feeling physically and emotionally today. She then goes to their tiny kitchen and makes breakfast: oatmeal with chia seeds, because she has learned that that combination gives her energy but also fills her up. She doesn't have a gluten intolerance, but most glutinous foods tend to go straight to her brain and make her tired. She can't afford to nap all day long, so she has found out what foods sustain her and what foods should be reserved for special occasions when she doesn't have to work.

She'll make sure to drink a full 16 ounces of water with that, for the sole sake of hydrating well first thing. If she's not hydrated, she feels all sorts of aches and pains she usually wouldn't. She also takes a few supplements to help reduce inflammation and to regulate her physical energy levels throughout the day.

Kara makes sure that she takes breakfast either outside on their small balcony, when the weather permits, or at least beside the window because natural light soothes her. If it's raining in a good direction, she'll eat inside

with the window partially open so that she can breathe in the petrichor—she's learned that the scent of rain fuels her creativity.

Then comes the coffee. A few months earlier, Kara began to have an energy crash mid-morning, sometimes so badly that she'd fall asleep while at the computer. She did some research and had to admit to herself that it was probably because her metabolism and adrenals were changing. She made the decision to switch to decaf, and within the first week noticed her energy stabilizing. While she still has the occasional caffeinated drink, she only brings home decaf coffees and teas.

While the coffee is brewing, Kara washes her dishes. A year ago, they realized that they had developed a bad habit of using too many dishes, then letting them pile up in the sink. It was taking too much time and energy to wash that many dishes, and it was also taking up a lot of precious real estate in their kitchen to have six plates, eight mugs (albeit cute mugs!), ten glasses, six bowls, seven small plates, et cetera. They downsized to one of each piece of table service a person and stored away the extra items for when they had company visiting. To make sure they could differentiate between what they were responsible for, they each selected recognizably different pieces. Kara's plates, bowl, and mug set were a faux copper, as were her utensils. Rachel's plates, bowl, and mug were Tiffany blue, her favorite color, and her utensils were pieces of real silver she'd picked up at Brooklyn Flea. Downsizing the kitchen in this very simple way had proven to be a fantastic way to save time and ease the frustrations that often came between them.

When the coffee is ready, Kara takes a few minutes to journal the things rattling around in her head. She may be a professional writer, but when you read her journal, you might not know that she is. It's not a beautiful prose to be cherished for generations, published posthumously. It's sentence fragments, and random thoughts untethered to one another by logic. It's all those things floating around, threatening to slow her down later in the day if she neglects them.

She takes another minute to enjoy her coffee, trying to see if anything else going on that she needs to pay attention to, but can't think of anything else that requires ink. As she finishes her coffee, she adds anything she

needs to her daily to-do list and checks her calendar to be sure she remembers her appointment times for the day.

Then it's time to get ready. She'd showered the night before – something about going to bed clean always helps her get better rest – so this doesn't take long. Before leaving the house to meet her first subject of the day in Queens, Kara dabs a blend of essential oils onto her pulse points – partially for fragrance, partially for emotional grounding. She's going to be talking to victims of an arson today. She knows this has the potential to affect her, so she wants to be able to absorb the story but not carry the emotions with her all day.

Rachel has begun her morning routine, too. She tends to be more frenetic in the mornings, sleeping in longer and then rushing to get out of the apartment on time. At first, this was very jarring to Kara. She tried to be social, but the hurried manner and loud sounds that came from the whirlwind that was Rachel's routine irritated Kara. It took Kara a long time to attach the word irritating to her friend. She loved Rachel like a sister. Rachel worked hard and did her part in the chores. They had a fantastic time together when they were entertaining or out with friends, so calling a part of Rachel's persona irritating felt like a betrayal of some sort. But when Kara finally realized that it wasn't a slam on Rachel's character, and more about the way they gained and held and spent their energy, she was able to admit that yes, any rushed, loud action in the morning irritated her.

Understanding that busy mornings were a simple fact about Rachel, Kara decided it would be easier to change some of her own habits than to confront her friend. So, she began waking an hour and earlier in the mornings to be sure that she was back in her own bedroom, getting ready for work when Rachel became active. The occasions when Rachel has to be up early are the hardest for Kara, but she can manage those disruptions to her routine, as long as they're not the norm.

Life outside her apartment can't be as structured as her mornings. It's New York City, after all! Having to depend on others for transportation can be frustrating for anyone, and public transportation can fully drain a highly sensitive person. She's learned some coping skills over the years that are fairly standard for New Yorkers, like listening to music or audiobook, or reading when on the subway or bus, so she keeps a paperback and earbuds

in her bag. She also knows that even in winter, she can overheat while waiting for a train in a subway tunnel, so she makes sure she has a bottle of water with her at all times.

Kara makes it to the café in Forest Hills with twenty minutes to spare. This gives her time to get settled and not have to rustle around in her bag or otherwise distract from the attention her contact deserves. When her contact arrives, Kara is able to focus on making her feel comfortable and asking questions without leading or presuppositions attached to them. She takes notes and, with her voice recorder running, she's able to get a story worth telling. By the time Kara pays the bill for them both, she ensures that the interviewee is pleased with how things went, and lets her know that if she thinks of anything else she wants to say, to contact her.

Checking the time, Kara sees that she should be able to get to her next appointment with almost an hour to spare, so packs up and heads to the subway station. Things are going well until she has to switch trains and finds out that one has a 7-minute delay. It's not a very big deal, but she feels anxiety creeping in. When the correct train comes, she boards. One stop into her ride, the train slows to a halt again. Over the loudspeaker, the conductor says something about the tracks.

Minutes pass.

She checks the time again—if they stay at this standstill much longer, she'll be late. She types a text to the client she's supposed to meet, but she doesn't get a signal. Twenty minutes later, the train begins to crawl. Some of her old habits of anxiety have begun to flare up, so she focuses on her breathing. This is a new potential client; she's concerned he'll think she's unreliable. Kara pulls out the rollerball of oils she uses to help soothe anxiety and applies them, and then pulls out her journal and jots down some of her fears. Finally, the train picks up speed, and eventually, she makes it to her stop. Topside, the text sends, and she receives two from her client, Darnell.

I left your name with security. They know where to direct you. Just come in through the Astor Place entrance.

Then, a few minutes before her text had sent:

We’d said 11:30, correct? I have to leave for a lunch meeting at 12:15. Please respond ASAP.

This is the sort of thing that used to send her into a small panic. She wanted to work with this company on the project, a narrative script for a promotional social media video. The pay was going to be better than she usually received, and she already had been working on several different angles. Most importantly, she felt as though tardiness said something about her character, which was something she protected. Kara moves out of the flow of traffic and takes a break to assess herself.

She realizes her shoulders are hunching forward and her neck is retreating into her clavicle —one of her telltale defensive positions. She works herself through a few breaths while still on the sidewalk and stretches her arms above her head and then clasps her hands behind her. This takes but a minute, but she feels more in control again. This is New York: public transportation delays happen. She’d left with ample time to get here, too, so it wasn’t an issue of neglectful planning.

“He’ll be reasonable,” she said out loud. And if he wasn’t, then it was possible that this job wasn’t meant for her.

19
Four Types of Psychic Intuition

Now that we're discussing what your psychic intuition feels like and some signs that your powers are developing, let's take a look at the different types of psychic intuition and define them:

- Clairaudience
- Clairvoyance
- Clairsentience
- Clair cognizance

You may not have heard these terms before, so here is a brief description of each.

Clairaudience

is when it sounds like someone is speaking directly in your mind. Not in the same way as people with certain mental illnesses – this is more of a short answer to a question, or advice, and it shouldn't sound/feel harsh or discordant. The word "clair" means clear, and "audience" is from "audire" meaning to hear, so you are psychically "hearing" these messages, though usually, it is within the mind. It can sound similar to when you act out a conversation in your head, or similar to how you hear people talking in dreams. These sounds and messages can come from your spirit guides or from the spirit of someone in your life who has died.

Clairvoyance

is when you see images in your mind's eye that hold psychic significance. "Voyance" meaning vision, so clear vision. The next time an image springs into your mind, seemingly out of the blue, try to analyze it. It may have a symbolic (or very literal) meaning about something coming up in your life, or it may explain something you've been thinking or worrying about. Clairvoyance won't be a very specific flash into the future where you

can see exactly an event that will happen as a movie in your mind – like how they show it on TV shows. It will be a subtle image or “vision” in your mind’s eye. You may have had clairvoyant messages in the past without realizing it! Some examples of what is classified as a clairvoyant message could be colors, numbers or letters, words, pictures or images of people, objects, animals, places, or anything symbolic.

Clairsentience

(clear feeling) is probably the most common of the four. It is when you feel something is going to happen. If you’ve ever heard someone use the phrase “I can just feel it” or “this doesn’t feel right” this is clairsentience. Clairsentience is often called your “gut feeling” or your instinct. Another aspect of clairsentience is being able to sense the emotions of others. Maybe you feel a wave of sadness before your friend walks into a room, and then they tell you their mother has passed away. Maybe you’re on the phone with your friend who has a broken right leg, and you feel a brief pain in your right leg, even before knowing they broke it. Maybe you see your pet and suddenly burst into tears overwhelmed by sadness for no apparent reason, and within a week, your pet dies. These are examples of clairsentience.

Claircognizance

(clear knowing) is when your intuition helps you figure something out that your rational brain can't, something you're maybe stuck on. For example, if you're stuck in traffic, should you risk taking the upcoming exit to get out of it and take the backroad, or will that end up taking longer? You inexplicably decide to wait it out and soon traffic has cleared, and you're on your way. This is claircognizance. If you've ever heard someone say, "I just know" and they have no evidence to prove their certainty or no way of knowing but end up being right – that is claircognizance.

So how do you tell whether you're just having an ordinary thought or whether it's a psychic message? The messages and premonitions can often be quite subtle, but the way to tell is if something (image, sound, feeling, certainty) just pops into your mind with absolutely no relation to what you were just thinking about. This is probably a psychic message and not a thought. Usually, these psychic messages are quite strong as well, not a little afterthought at the back of your mind. However, sometimes they are quieter communications, so with anything that comes into your mind seemingly unprovoked, it's always best to try and look at it closer and analyze it – it may have some psychic significance.

With these four channels of psychic communication, if you just take a deeper look at the next sound, image, feeling or thought that springs into your mind unbidden, you may find some relevant psychic meaning to it. The message(s) will help you gain information, receive communications from the spirit realm (spirit guides, passed on loved ones, etc.), or reveal premonitions or predictions to you, that your other five senses can't. You may already have read this list and honed in on one of the four that you feel more connected with or that you think one of them will definitely come more naturally than the others. Maybe you have used one or more of these in the past, whether you realized it at the time or not. Maybe you've already noticed that you have more of an ability for one than the others. That is likely the one you will be strongest at and the channel you will receive the clearest most powerful messages in, at least for now. I don't mean you can't practice with the other types and strengthening them. There are many psychics who, for example, started off naturally talented at clairvoyance and receiving clairvoyant messages, but as they practiced, they gradually

became more powerful at, and mastered, clairsentience and that became their strongest intuitive channel. This is just one example, but it's to show that you're never stuck in just one situation or skillset with just one option! Although if you wish to keep the one you have a knack for as your strongest ability, then by all means. Remember, psychic ability is like a muscle!

Each psychic has a specific way in which their power and intuition manifests itself, and it's often related to who they are and what sort of person they are. Everyone, regardless of ability, has one of four psychic personalities. You are either a spiritual intuitive, a physical intuitive, an emotional intuitive, or a mental intuitive. So how do you find out which kind you are and fits your psychic abilities? Well, each one manifests itself differently, and there are certain traits associated with each type that you can look over to aid you in discovering which one you resonate with the most, and which one seems to be more you. There is no official test, but each psychic personality is defined in the following paragraphs – and hopefully, you can get a sense of which one fits for you.

Physical intuitive are the ones that have deep attachments to important objects, and usually, psychometry (sensing things via touching physical objects) comes naturally to them. They are the ones who are more likely to use objects like tarot cards, crystal balls, palm reading or tasseography (tea leaf reading) to determine things about a person or the future and perform psychic readings. They are very literally hands-on when it comes to sensing energy, relying on physical presence or moving their hands close to an object or person to get a sense of things. This makes them the ones most likely to be drawn to the art of psychic healing, or the ones that usually have a natural talent for the practice. They are often homebodies and love organizing their home, furniture, and decorations according to their interests. Their home isn't simply some space for them to eat and go to sleep at night – it is their temple and haven from the outside world, and it showcases a piece of who they are. They spend a solid amount of time at home and often have a lot of clutter and trinkets around the house. They also thoroughly enjoy spending time in nature and grounding themselves.

Mental intuitives are the analysts. They will think things over repeatedly, turning it over and over in their minds until they find an explanation for something until they yield a result. They always make sure they consider

every little detail, checking and double checking. They don’t ever want to miss anything, and they’re not big risk takers, nor are they very spontaneous. Mental Intuitive are more likely to be clairvoyant or clairaudient and receive psychic messages via imagery or sound in their mind, as this is where they spend most of their time. They tend to “live in their head” so to speak and can go for hours on end with merely the company of their own thoughts, just thinking. They are going to need the most information and ask for the most detail when they sit down to do a reading for someone. They are the ones to logic their way through something – logic, reason, and rationality are what they live by. When working on something, whether it be a psychic related task or otherwise, they generally have a good ability to focus and stay focused on what they are doing. They also tend to have somewhat academic interests, although this isn’t always the case.

20
Tips for Empathy and Highly Sensitive People to Protect and Manage Your Own Power

It is necessary for these highly-attuned individuals to learn how to protect themselves from the energetic and emotional baggage that other people dump on them, intentionally or not.

Being an Empath or a highly sensitive person is a gift which must be embraced and celebrated, but sometimes it is also a curse that adversely impacts the physical and emotional well-being. The key is learning how to manage your own energy and become more aware of your personal power and needs.

- Both should calm their emotions by practicing meditation, setting firm emotional boundaries, and utilizing mindfulness tools.

- Empaths work on the energetic level, so carrying a protective crystal, cleansing the etheric body with sage, or seeking other forms of energy healing is recommended.

- Moving away from the source of negative energy, situation or “energy vampire”. Physical closeness increases the absorption of negativity.

- Practice guerilla meditation for five minutes when you encounter a sudden impact of physical or emotional distress due to negative energy in the surrounding. Find an empty room, a quiet spot, or a bathroom and calm yourself. Feed yourself with love and positivity before facing the world again.

- If you sense that you pick up someone’s negative energy, immediately surrender to your breath to center yourself and connect with inner power. Exhale stress, inhale calmness to purify pain or fear. Visualize the negative emotion as gray fog and lift it up and away from your body, allowing bright and clear light to enter.

- Set healthy boundaries or limits to stressful people or situations. Spend less time or avoid them. Learn to say no.

Using Crystals for Healing

The healing properties of crystals have been tapped since ancient times to cure ailments and restore the energy of the chakras. With the aid of crystals, the chakras are able to remove energy blockages, allowing healing to set in.

The Healing Crystals

There are lots of healing stones that you can use to manifest your intentions and create what you want in this life. Crystals are physical and tangible forms that connect you to the Earth, letting you harness their powerful vibrations and energy to get the desires of your heart.

Wearing or having intention crystals close is beneficial because they continue to pick up on your own energy, amplifying the positive vibes that you are feeding your desire. When you place a crystal over a particular chakra in your body, your own energy transforms, moves, shifts, pulses, or vibrates in accordance with its signature energy and properties.

In the magical realm of higher energy and vibration, crystals will guide you during your personal spiritual journey. It will remind you of your earthly connection while working in the manifestation of your intention.

Steps to Use Crystals

The starting point is to make a well-thought, specific, and clear intention to tap the power of the crystals. To set the intention, ask yourself what matters to you. Why do you need to change or upgrade this certain aspect of your life? When and what do you want to achieve?

Next, make a powerful intention and allow your own energy to connect to the healing crystal. In a way, the intention becomes a large part of its energy.

The right crystal will help you receive healing faster, so take time to choose. When you already have it, you need to clean and program the stone. Give it a purpose by telling it what you need and what you want. Hold the crystal in your hand, then close your eyes, take deep breaths three times, pronounce your intention (aloud or inside your head), and thank it three times.

This Is One Example of Setting Healing Intention.

"I implore the highest vibration of light and love to connect with my higher self to remove all unwanted energy in my body and any past programming. I command this stone to hold my intention [insert your personal intention]."

Do not forget to say thank you (3x) to give emphasis that what you desire already exists in the universe.

Ways to Use the Healing Crystals

There is no right or wrong way to use them for healing. You just need to establish your own routine, follow it, and feed it with your positive belief.

- Wear it as jewelry or clothing accessory. Wearing a healing crystal close to your skin helps balance your energy field.
- Put it in your home or personal space to nourish your personal energy throughout the day. Placing crystals like rose quartz near you when you are in a tub brings healing energy.
- Place it in your bag, purse, or pocket to enhance your energy level.
- Place it over a specific part of your body. Laying the stone is the direct way to access its healing properties.
- Put it in your car or home. Healing stones are also protective stones. When you place a crystal in your car, it blocks negative energy that can cause accidents or break-ins.

- Meditate with crystal to enjoy its healing energy and receive life-changing insights.
- Create a crystal layout to gain and transmute its energy. This crystal grid is an old healing technique that gives a powerful healing effect.
- Move it around your body to remove negative energy from head to foot. You can use a crystal wand to do this type of healing. It helps you work on your auric field while practicing crystal healing.
- Sleep with crystal near you. Allow the healing crystal to work its magical properties while you are sleeping. It helps remove fear, doubt, and other negative energies of your mind and heart.

Choosing the Right Healing Crystal

A crystal healing guide helps you figure out the perfect crystal to use for your particular physical or emotional problem. However, using your intuition is the best guide. Some crystals choose you, drawing you into their energy level. If that happens, you can always program the crystal according to your own intention.

For Clearing

Clear or white crystals like Moonstone, Quartz, or Selenite are very absorbent. They clean and remove all kinds of energy from the body. Use any of them during meditation to calm your mind. After using, you must clean it to get rid of the accumulated energy that it absorbed.

Releasing

Orange crystals like Sunstone, Aragonite, and Copper effectively clear negative energy, clearing out room for healthy energy that will energize your body. These stones are great to use when you are feeling down or tired.

Energizing

Red crystals that energize are Ruby, Jasper, and Garnet. These crystals are very powerful and can invoke sudden surges of needed energy. They are the best stones to use when you need a quick pick-me-up.

Calming

Indigo-colored stones like Lapis Lazuli, Kyanite, and Azurite are calming stones. The soothing power of these gemstones or any other dark blue and indigo crystals is to help ease anxiety and fragile energy.

Allowing

The brown crystals like Tiger's Eye, Halite, and Petrified Wood are very grounding. These healing stones protect and show you the right way during your journey. They guide, protect, and clear the path. Use them when you want to make room for a new relationship, new job, or a new purpose.

Balancing

Green crystals like Emerald, Jade, and Malachite are known for their balancing properties which are vital to physical healing. Most often, the diseases of the body are caused by too much of something such as too much unhealthy bacteria or too much acid. Excess of anything makes you sick. The green stones balance and redirect the energy flow.

Aligning

Yellow crystals like Amber, Mookaite, and Sulfur reorganize the energy patterns. These healing stones are best to use when you are establishing a new habit or trying to stop an unhealthy habit.

Uplifting

Violet stones like Obsidian, Tourmaline, and Apache Tears are powerful healing crystals. They vibrate at extremely high frequency and can combine a warm and cool spectrum of colors, lifting you up to higher powers and induce a unique spiritual experience.

Loving

Pink crystals like Rose Quartz, Rhodonite, and Morganite vibrate loving, healing, and compassionate energy. They are best for drawing in romance, deflecting anger, and making you feel loved.

Protecting

Black stones like Obsidian, Apache Tears, and Tourmaline deflect everything. These strong and resilient crystals can repel all types of negative energy, driving them away from you.

Communicating

Blue crystals like Sapphire, Angelite, and Sodalite help in resolving issues of communication. Use them to find your truth or allow the revelation of truth.

21
Strategies to Be More Empathic

How to Increase Your Empathy?

Some researchers believe that empathy is partly intrinsic and could be somewhat learned behavior. If this is true, then there must be some new patterns in how to approach this. The following strategies are a good roadmap to increasing your empathy:

- Take on activities and new skills that are outside of your comfort zone
- Humility may be the doorway through which is born empathy
- Make changes. Get out of your usual environment
- Check your progress. Ask for outside influences to tell you what they see in you
- Notice what moves your heart, what moves your third eye
- Expand your horizons and find new ways to do this
- Question your prejudices and intolerances and try to adjust
- Talk to people you normally would not talk to
- Expand your inquisitiveness
- Ask new and different questions
- Always do things that are new, different, and better

If you are looking for ways to increase your empathic powers, you may actually be seeking a better and more efficient way to connect with those powers you already possess. This is a somewhat abstract premise, and will need a degree of focus however it will become easier with repeated use. Here, mindfulness comes into play. So, the more we are “in the moment,” the easier it becomes to evaluate and identify other’s intentions, and motivations. Do not allow the banter and turbulence of life to become distracting. This can obscure the truth in what you are picking up from others and make it increasingly difficult to assess the value and intention on their words.

That being said, empathy is not only useful, it is fundamental to building healthy communication and alliances, and creating the needed social and management proficiency in today's world. Empathy, as a tool, is an endurance mechanism of sorts, and can be kept active though individual intention, however, as an individual's power increases, empathy levels often drop so there is a great need for more focus on the continuity of your "active" empathy and an increased awareness of the presence and current status of one's own empathy.

How to Manage and Strengthen Your Empathy

To enhance your empathy, you must first clear your mind of errant noise and interference, and then use your intention to increase the continuity of your thoughts in the form of empathic energy.

- Mindfulness and individual meditation can be a great deal of help to assure that this becomes easier with repeated practice
- Focus on calming yourself both inside and out
- Develop emotional perception
- Use your curiosity to access the moment. Ask questions that will expand both yours and others "picture" of what is happening
- Use your listening and observational powers to help determine inner feelings and emotions of the moment
- Control or catch your judgmental senses. Transform your momentary impulses to correct or critique another person into kindness and a more cautious manner, and ask them if you may offer an opinion

Remember to set a block of time out each day to work on your empathy. See your empathic senses as a most valuable tool to be used for the good of others and of your own life and aspirations.

Learn to make accurate determinations of what you perceive to be happening when you interact with others. Be certain that what your senses are telling you, is the truth. We, as humans, all possess empathy. Do not allow yours to lay dormant. Use all of your senses all of the time. Choose to be present to life. Expand your empathy and embolden your relationships. This, in turn, will vastly enhance your administrative and managemental skills.

Our brains are wired to light up with empathy no matter what happens to us or what we are thinking. We all have something called “mirror neurons” which are something like an automatic sensing mechanism that dials in other people’s emotions and other signals we get from them such as how they move or their facial expressions and much more.

Did you ever have an experience where you were walking down the aisle with your buggy in the super market and somebody was coming straight at you. You make eye contact and them both turn the same way, both attempting to get out of each-others way? This is mirror neurons in action. The situation was temporarily out of your subjective minds control and then when, as in this case, it appeared you were going to crash into one another, the intuitive and cognitive mind steps in and finds a logical way around the other person. Then, you both smile at one another because you both realize that what just happened was odd in a strange way.

Our mirror neurons allow us to “see though their eyes,” as it were, and this is why for instance, when we see someone fall down and scrape their knee, we the emotion of pain and think about our knees. If you see an individual crossing the street and then jump out of the way of a bus, we feel the danger in just the same way they did in that moment.

During the times when we may be thinking about something mechanical on our car or perhaps a movie we may have watched the night before, this is being done in our subjective and cognitive brain and will not easily connect to our sense of empathy. Our minds in these instances are busy with something else.

If you wish to heighten you’re your abilities to use your empathy, you must be mindful and not be daydreaming. Meditation will be of great help in this area. Clearing your mind and thinking about one thing, with intention, will help make your empathy a more controlled event.

Take some time for yourself and learn mindfulness. Feel your surroundings. If you are outdoors, feel the breeze, hear the sounds of nature, the birds, a barking dog a long way away. All of it. Be in your moment. All of this is integral to meditation. The absolute best and easiest way to increase your empathy is to begin by improving your meditation regimen and everything that goes with it. Meditation and empathy are deep seated

brothers in the human makeup. When you do one, you will be working very closely with the other.

There are things that your can do that are a sort of “practice” for mindfulness and empathy. Asking yourself what it is that you are feeling would be a good example of one of them. In dealing with emotions, try to name each emotion you are experiencing as your feel it, in different settings, as you go through your day. Then, you will learn to be much more intentional in setting up your control mechanisms as these emotions relate to each different environment or meeting.

Is it possible that our sense of empathy can be in a state of flux? Is empathy hard wired into our makeup or is it something we can work on and enhance?

These are both great questions. The answers are yes and yes! Empathy is indeed a teachable and a learnable emotion. The ability to understand and have feelings and emotions in common with others is not inborn so it can diminish or increase within your mind. It can also be taught and some medical professionals are using this theory in their current practices in order to help those people who they feel would benefit from it.

A current affairs example of empathy in flux has been occurring for several years now in the USA. Striking evidence has revealed that the current mass uptick of the digital revolution is now underway. Adults have reported that they have been the recipient of increasing amounts of online abuse and intimidation and studies show a long period of decline of empathy as a direct result of this activity.

Also, college aged young adults have experienced an extreme drop in empathy for well over the last twenty years. Another area reported to have experienced a huge drop in the activity of empathy is in the wealthy sector of our society. It appears that the wealthier you are, the less empathic you become. Add to that, senior executives are highly likely to exhibit behavior fitting of a psychopath and have been reported to be absolutely lacking in empathy. Much more so than the average worker.

In the area of crime, of course there has never been a great deal of empathy at work and today, there is even less than that. Religious violence and constant overseas war fighting have all but removed the memory of any

semblance of empathy leaving one to wonder, what is happening to the human race?

We must get back on track where empathy is regarded. A society without empathy will not survive. The existence of human empathy is all that is standing between the animal kingdom and humankind. Something needs to be done, and empaths, while being all but overlooked by the medical and psychological communities, would appear to be the key to unlocking the pathway to a harmonious and peaceful world community.

“See this through my eyes and you will understand what I am telling you!” Would be a great way for everyone to get started rebuilding their own sense of empathy. This is a very important part of our everyday lives. Without empathy, we are lost. With prime exception of deep-seated psychopaths, everyone is wired to manifest the benefits of human empathy. This means that we all have the ability to walk in the other persons shoes and then to understand their emotions and their point of views.

Why wouldn’t we already be doing this each and every day of our lives? Well, it is highly probable that people just don’t think about it or do not care. Apathy is growing and empathy is shrinking. As an individual, you must try and you must focus on it with intention or it will not happen. In effect, we all need to sit down and think about apathy and practice doing in in ourselves.

The next time you go out in public, look at the people who are close by. Make eye contact and talk to everyone who will respond with polite conversation. I would be willing to bet that all of us, upon one trip to the grocery store or running some sort of errand, would meet somebody who could just use a hand. From bags of groceries to stuck wheels on shopping carts to auto breakdowns. We all need a hand up sometimes and the next time it could be you who needs one.

22
Crystals for Empaths

Empaths are highly-sensitive individuals who are easily affected by the overwhelming emotions of other people. It doesn't matter whether it is a positive or negative emotion, empaths feel it deeply which can affect their own feelings. Unless they learn to process or understand that the sudden, intrusive emotions are not their own, empaths' well-being is compromised.

One effective way to ward off the tiring emotions that can affect the physical, mental, and emotional health of empaths is to use crystals.

Getting Familiar with Crystals

Crystals are special and unique gemstones or rocks that are popularly used for protection and spiritual healing. These precious stones come from the womb of Mother Earth and contain potent healing energy. Each of them possesses certain elements that aid in healing, emitting a specific vibration that represents their own distinctive signature.

Benefits of Crystals to Empaths

The right and beneficial crystals help them deflect negative energy, become more grounded, and balance the emotions.

- Provide daily psychic protection from the sudden attack of energy
- Cleanse the aura
- Filter excess energy
- Prevent accumulation of energetic junk
- Heal silently and deeply
- Help to resolve emotional or mental confusion
- Release extra baggage or past issues
- Give loving energy and support to the wearer or carrier
- Ease the energetic and emotional stress, letting your life the way you want

Black Tourmaline

It is considered as the most powerful crystal for empaths because of its ability to absorb negative energy and keep it inside. As an empath, you are most vulnerable to electromagnetic frequencies and also to the strong influence of people or object around you. The Black Tourmaline will shield you against them.

This crystal repels black energy and prevents any type of psychic attacks that threaten your energy field. It is a great grounding crystal that acts as a sponge that absorbs dark energies, helping you see the light during dark times. Use it to send unwanted energy into the Earth for transmutation and healing purposes. It can also be used to direct purposeful energy to a certain person.

Black Tourmaline aids to ease and release tension or stress. It boosts the functions of the heart, adrenal glands, and immune system. It can be used to cure joint pains and inflammation. Aside from healers, it is also popular among magicians, shamans, wizards, and witches.

Rose Quartz

This beautiful crystal protects, soothes, and heals the heart chakra. It also aids in lowering blood pressure, improves circulation, and releases anxiety. This gentle, empowering, and soothing quartz is very powerful. It helps you radiate love and compassion, influencing people to become more positive and hopeful.

Empaths should wear or carry rose quartz to push away the negative energies that come to them. It is especially beneficial when you need to deal with toxic people and situations. If you are single or in a romantic relationship, having this crystal with you can help you find someone or deepen the relationship.

It is an excellent stone for grounding, allowing you to release past issues, struggles, negative thoughts, and pains. It is the best stone for people who experienced emotional trauma. As a grounding crystal, the rose quartz provides security and stability. Use it to express your unconditional love to yourself and to Mother Earth.

Amethyst

It is a calming crystal that can instantly dispel the effects of overwhelming emotions, helping you feel better. It protects you from the evil eye, curses, and negative energies that surround you.

The Amethyst offers psychic protection as well as enhance your psychic ability and spiritual awareness. It activates the power of the higher chakras, sharpening and heightening your intuition.

It is also a powerful manifestation stone, helping you connect to your heart’s desire and make your wishes come true. As a healing crystal, it enhances the functions of the sympathetic nervous system, relieves headaches, balances hormones, and eases neck tension.

Malachite

This stone helps empaths eliminate stagnant emotional energy and allow fresh beliefs to set in. If you want to remove accumulated emotions that come from stressful situations and daily pressure, malachite is the ideal crystal for you. It absorbs all the negative feelings that you are holding inside, relieving you from suffering and pain.

Malachite gives the wearer the confidence to reinstate the personal beliefs that will bring personal happiness and satisfaction. It strengthens the sense of compassion and self-love. Place it under the pillow when you sleep to attract sweet dreams.

Hematite

This stone strengthens the auric field of empaths, fending off negative energies and unwanted vibes. Meditate with hematite in your hands and create a protective shield around your body. Imagine your aura pulsating and keeping you safe from any kind of external energy.

Hematite is also known for its ability to soothe emotions and keep you centered. It has a higher power that assists you to find the answers to unresolved issues and questions. If you want to rekindle your passion in life, use this powerful stone. It also aids you when you want to avoid energy-draining people or Psychic Vampires.

This grounding stone is deeply attached to the energy of the Earth. It is called Bloodstone because it cleanses the blood and heart, improves circulation, and regulates menstrual flow. It is also a great stress reliever, helping the nervous system to calm. It also boosts financial support from family and friends.

Fluorite

This gorgeous crystal helps balance emotions, giving you clarity and stability when you feel confused. To gain the instant benefit, place the fluorite on top of your third chakra, which is located between your eyebrows. If you want to strengthen your intuitive powers, use the rainbow fluorite.

Fluorite is also a positivity stone. Its immense power protects your aura, calms the emotional and mental chaos, and removes the negative energies. It can effectively clear the low vibration, helping you study or think with better focus. Furthermore, this crystal soothes inflammation, heals the mucous membrane, and decreases cold symptoms.

Lepidolite

This powerful stone increases the power of other crystals when it is placed near them. It is a beneficial stone for empaths because it can ease the anxiety that commonly plagues them.

Lepidolite is an empowering crystal that promotes peace, love, luck, and restful sleep. It helps you discover your hidden strengths and potential, leading you to your destiny and purpose in life.

Black Obsidian

This volcanic stone has a fiery protective energy that wards off unwanted energy from penetrating your aura and personal space. It is a very powerful stone that also repairs the aura.

Black Obsidian is also called the mirror stone because of its enormous power to help you view the world in its deepest sense of being, revealing highly - reflective things to heal your body, mind, and spirit. It helps you understand yourself better, gain wisdom and knowledge, and relieves deep-seated emotional distress. Use this empowering stone as an anxiety reducer and stress reliever.

Healer's Gold

It is a strengthening crystal which is also called Apache Gold. It helps you strengthen the energetic boundaries, acting as a psychic protective shield against negative emotions and vibrations.

The Healer's Gold also enables you to release the trapped energies inside you, giving you a fresh start as well as setting clearer signals to people that matter in your life.

Aqua Aura

This quartz which is bonded with gold deflects harmful energies acts as strong psychic bulletproof protection for empaths. It can effectively relieve trapped energies and emotions.

Chrysanthemum Stone

It is a protective stone which is characterized by a flower-like pattern. Chrysanthemum Stone builds an auric filter wall that reduces the number of people who are trying to enter your personal energetic boundary. It also reduces the level of psychic sludge.

Kyanite

A Black Kyanite is a powerful stone in meditation and visualization technique. To achieve your purpose, you need to empower yourself by holding it in your hand, then sweep all over the body to cut unhealthy energetic ties. It realigns the energy field and activates all chakras.

This stone protects your personal energy from those who want to steal your positivity. Moreover, it forces you to see what or who is putting you down, releasing unwanted and excess energy that is not your own.

Kyanite is also considered a stone of emotion. It aids the mind to create new paths, providing supportive and soothing effects. This powerful stone deepens the meditation, encouraging the opening of channels that lead to the spirit realm and boosting psychic abilities. It cures headaches, eye pain, the tension in the brow, and throat pains.

Ouro Verde

It is a green crystal that emits olive green light, protecting you from overwhelming emotions and energies that are trying to enter your personal space.

Flame Aura

This crystal is also known as the Titanium Aura or Titanium Quartz because it is bonded to metals especially Titanium. It acts as a protective buffer that shields empaths from harmful energies in the environment. The negative energies are pulled down by Flame Aura into the Earth to allow the process of transmutation.

Lapis Lazuli

Empaths are constantly bombarded by the energies of people who want support and attention, resulting in the accumulation of tiring and excess emotions that affect their personal energy. Lapis Lazuli is another protective crystal that will help decipher the barrage of intuitive impressions that you receive and set clear boundaries.

It is considered the crystal of truth and often associated with royalty and luxury during ancient times. Lapis Lazuli is believed to bring wisdom, clear judgment, and good communication. Having this crystal with you during troublesome or confusing moment helps you focus and gets rid of unnecessary thoughts. It heals the vocal cord and throat.

Citrine

This money and wealth crystal positively influence your financial stability. Aside from this benefit, it promotes the power of telepathy when used by empaths for their own purpose.

This beautiful stone also helps to recall past life memories, letting you discard the painful ones to balance your emotions. Moreover, it regulates digestion, stimulates metabolism, eliminates nausea, and enhances nerve impulses.

Magnetite

This grounding crystal helps to balance and align your energies. It can balance the polarities within your personal electromagnetic field as well as release the psychic overload that affects your well-being.

23
Stages of Empaths

There’s a significant difference between compassion, sympathy, and empathy. In recent years, there’s been a lot of attention to the characteristic of empathy and the experience of an Empath. Sympathy is the feeling of sorrow for another person’s suffering without feeling what another person is feeling and being affected by it as an energetic echo of the other’s feelings. Sympathy is purely a mental awareness of another’s feelings.

Empathy is primarily somatic: it’s felt in the body as sensory input. Like all sensory input, it might be felt, heard, seen, smelled, tasted, and so on.

An Empath feels another’s feelings by allowing the energetic signature of the other person’s feelings to vibrate in their own body. These feelings may be emotional or physical.

Some people are more generally empathic and experience this most, or even all, of the time. Even people who are not typically empathic will experience empathy at some points in their lives.

Compassion is empathy combined with wisdom. I’ll explain further on this later in the book.

The Naive Empath

Many natural empaths don’t know they’re empaths. I refer to such folks as “Naïve Empaths.” If you’re a Naïve Empath, you could experience sensitivity to other people’s energetic vibrations without realizing what’s happening. You might have intense reactions to the emotional or physical states of others without realizing that these feelings are not your own and didn’t originate from you.

As a Naive Empath, you’re hit with waves of emotion or physical sensation that don’t seem relevant to the situation you’re in. You misinterpret the experience and assume there’s something wrong with you.

The conventional assumption in our culture is that feelings, whether emotional or physical, begin and end within the mind of each individual and

can’t be felt by anyone else.

We are all deeply and completely interconnected with each other and all things. We try to fit our experiences into commonly accepted explanations, but our culture’s predominant philosophical orientation is inadequate to describe our interconnection. You assume all your feelings originate from within you.

It’s standard to assume every unexplained shift in feelings is due to some mysterious problem or malady within you. If you experience a sudden wave of anger or sadness, for instance, you look for some reason for being sad or angry.

“I guess I’m angry about what my boss said yesterday,” they might suppose; or, “I feel sad in this store. I guess I don’t like shopping.”

There are always plenty of “reasons” to feel angry or sad. If you’re looking for a reason, you’ll find one. You can waste a lot of time and energy drumming up “reasons” to explain bad feelings, when, in fact, those feelings might not even belong to you.

When talking to a friend, an Empath might notice pain in their foot right before the friend tells them about the bunion surgery they have scheduled. A Naive Empath, who is completely unconscious of what’s going on, might not even notice the connection. Others might assume a coincidence.

Learning about energetic empathy and vibrational interconnectedness helps by giving context and a conceptual framework to make sense of your experiences. It’s easier to release negative energy fields once you let go of misplaced self-judgement.

A lot of people are highly empathic and don’t know it. Such folks automatically take on and absorb other people’s emotions without realizing they’re doing it. Currently, the standard 20th Century psychological paradigm, that your thoughts and feelings are, and can only be, generated from your own brain, is the “conventional wisdom” to which most people subscribe. There is a very useful aspect of that paradigm that I still endorse; saying “You are making me mad” is not the same as saying “I feel your anger.”

Let’s say you’re feeling okay, just fine. You go to the mall and on your way home you notice you’re feeling really depressed for no apparent reason.

You think, “Wow, I must have some sort of unconscious issue coming up and that’s why I’m depressed!” It’s possible that you picked up on some stranger’s depressed feeling at the mall. Because you don’t realize that happened, it won’t even occur to you to just release it with the thought, “That’s not mine!”

Instead, you might suppress it and feel inexplicably depressed or you try to “process” the feeling psychologically. You will try to associate it with something in your life that you are “depressed about”. Many naïve, or unconscious, empaths walk around with other people’s stuff for years and never figure out that those feeling don’t even belong to them.

I am not saying that every feeling or emotion you have is one you picked up from someone else. You generate feelings of your own, too. But if you suddenly and inexplicably find yourself feeling anxious, depressed, or angry, it is a good idea to clear yourself of whatever does not belong to you before you assume that you have some suppressed issue.

I am also not saying that you are not responsible for the feelings you carry around. If you have let someone else’s feelings attach to you, it is your responsibility to release them. It’s your responsibility to figure out how to prevent taking on unwanted feelings in the future.

Often, unconscious empaths will begin to avoid crowds and events because they find they often feel awful after being around people. They might have anxiety about social settings because they have experienced feeling bad for no apparent reason after being around a lot of people.

Again, because we are operating in a predominantly psychological paradigm, you might decide you have a social phobia or some other neurosis. You might have decided to avoid being around other people just to avoid getting their negative feelings all over you.

The solution to this problem is not to hide out in some sanctuary for the rest of your life. The world has too much to offer, and you have too much to offer the world! Once you realize that you are an Empath, and that’s why

you are so inexplicably miserable, you can learn clearing and protective methods.

In most of Western society today, psychology is the predominant paradigm used to explain emotions and feelings. For the most part, psychology tells us that if we are feeling depressed and anxious for no apparent reason, it can only be caused by one of two things: suppressed subconscious issues, or a biological, chemical imbalance.

I agree that chemical imbalances are real, and some people are benefited by use of medications to manage emotions better. Chemicals are vibrations just like everything else in the universe. Therefore, it's possible that introducing chemicals into our bodies may help bolster deficiencies and suppress excesses. This isn't fundamentally any different than vitamins or other supplements. I also agree that we're affected by subconscious material that influences how we feel. However, there is a third cause of inexplicable feelings of sadness and anxiety that "seem to come out of nowhere".

The third cause is that some people take into themselves the feelings of other people. If you have no frame of reference to understand what has happened, you naturally assume you have some sort of unresolved issue you just can't lay your finger on.

The Novice Empath

Some empaths are newly aware of their empathic gifts and how their sensitivities affect them but haven't learned to manage the experience; I call folks at this stage of development, "Novice Empaths." If you're a Novice Empath, you might feel vulnerable to every negative energy field or person you encounter. You might even feel like a helpless victim of other people's pain.

"I can't go where there's too much negativity," you tell yourself.

"I'm getting attacked by negativity," you say, feeling trapped and unable to move freely through the world.

Empathy has an important role to play in the collective evolution of human consciousness. It won't do to have all the empaths curled up in the back of their closets, waiting for the world to be less negative.

By shifting your awareness, learning mindful detachment, plus a few other helpful energy-shifting methods, you can effectively interact with the flow of empathic information you receive.

If you are too strongly impacted by others, it's because you are subconsciously grabbing hold, and refusing to let go, of the energetic vibration you're picking up. This occurs either because of a lack of awareness of the nature of the experience, as in the Naïve Empath, or a lack of skill, as in the Novice Empath.

When you experience something that many people don't understand, you might think one of these things about yourself:

"I'm weird."

"I'm special."

Naïve Empaths frequently adopt the position, "I'm weird." The Novice Empath is prone to think, "I'm special."

Believing you are "special" or believing you are "weird" are two sides of the same coin. In either scenario, your ego attaches to the experience, grabs hold of it, identifies with it, and believes, "This is me."

Here's a good definition of "attachment." Attachment is confusing experience with identity. Even feelings that originate from within you, and your experience, are just passing through. You can feel what there is to feel, and gain the useful information that's available, and do it without grabbing hold and getting attached.

The Empath's experience is real. It isn't at all far-fetched that sensitive people can feel energy. It's more natural to feel energy than not to feel it. In order to be numb to energy fields, you have to exert unconscious effort to numb out and not sense what is all around you.

Here are some thoughts that might plague a Novice Empath:

"I'm an Empath, so I have no choice but to feel this."

"I'm an Empath, so I have to be careful what I expose myself to."

Or “I could shut myself off to feeling, but I’d miss feeling all that I do. So, I just have to accept feeling bad.”

If you are staying sick, depressed, or angry by feeling the feelings of others, it’s not because you have to. It’s because you’re grabbing hold of these sensations and refusing to let them pass through. You are identifying with the feelings, and the specialness, of being an Empath.

Here’s a method for letting go of trapped energetic patterns:

1. Notice the sensation.

2. Acknowledge that it’s not “weird” or “special.” It’s just one of the possibilities of the human experience. (This will help you avoid attaching.)

3. Allow yourself to gather any helpful information about the person or situation you’re sensing.

4. Recognize that these sensations don’t belong to you, and you don’t need to hold them.

5. Be aware of any Ego chatter about how you are “taking away their pain” because “you can handle it better” than they can. (This is a classic martyr complex. While on the surface it may seem noble and generous, it’s disrespectful of the other person’s power and autonomy.)

You are a marvelous cell in the marvelous Great Mind. As you develop, you advance the development of The Great Mind of which you are a part. You’re an amazing participant within an amazing universe. However, you’ll save yourself some time if you don’t confuse this with being “special.”

So, what’s so bad about feeling special? It isn’t bad, but it’s a trap. The concept of specialness is tied energetically to the concept of separateness. Separateness is an illusion and is one of those things that make the ego extra sticky.

Ideas of separateness, and the hierarchies that inevitably arise from such ideas, are an illusion. Your ego never tires of categorizing and labeling you and all of creation. It builds hierarchies and opinions about everything, in an attempt to stay “safe” from the “unknown”. The ego is going to do this. No need to fight it. Just don’t fall for it.

24
The Empathy Coping Mechanism

If you feel through reading this book that you identify as an empath, then congratulations! You have taken the first step forward into healing and taking back your power. The following part is going to offer ways in which you can learn to filter, channel, understand, respond, and relax for yourself so that you can not only survive as an empath but also thrive as a powerful individual.

Every person interprets and integrates to the world differently—yours just happens to be a highly sensitive one. You have taken this huge step in realizing that this is how you absorb information and have probably been suffering for it, repressing it, and constantly feeling guilty for your sensitivity. However, you no longer have to feel this way, as there are many ways that you can learn to cope with your nature and use it as a tool to follow your dreams, make the world a better place, and ultimately, heal yourself.

Coping Mechanisms

Before you go out and try to heal the world and achieve your dreams, you need to adapt to certain coping mechanisms that will help you through the tougher moments of your sensitivity. For this part, you might want to have an empty notebook ready, as writing things down makes it easier to commit habits to memory before you commit them to bodily memory. Here is a list of the habits you can apply to your life that will help you nurture your inner universe when the outer universe begins to feel like too much:

1. Identify: First and foremost, you need to learn to identify the things that you personally as an empath find the most draining to your energy, and also, the things that exist to energize you. Make a list in your notebook of these things in two separate columns. If you aren’t entirely sure, bring this notebook around with you so you can identify these drainers and energizers at the moment. Try also to write down what you feel mentally and physically as you are being drained/energized. By doing this, you will know which environments

zap you faster of energy than others, such as a mall or interacting with a certain person, and then you can learn to limit it. At the same time, you can balance these zapping situations with environments and activates that replenish this energy. Do this for an about a week and notice how you are feeling.

2. Create a Shield: There are some situations that you cannot avoid, even if they drain you, such as family functions, work functions, and other social events, even certain people. An energy shield is a way for you to cope while you are within these situations; this requires great effort and practice on your part. What it does is that it essentially lets in what you wish to let in, but also deflects anything negative away from you. Think of a bubble surrounding you—most people usually think of a bubble of light. Within this bubble is your world, and you choose what comes in, and what comes out. If you feel your energy is being drained in a certain situation, you can retreat into this bubble and find yourself feeling safe, while everything else and everyone else is outside. This all comes down to awareness and noticing what you are feeling and how fast your energy is being drained.

3. Observe Your Thoughts: Depending on whether or not you have certain mental health disorders, it may be hard for you to create a shield to prevent negative thoughts and feelings from coming into your mind. The next best approach is to watch over your mind and learn to identify their source. For example, if you feel angry, and are having angry thoughts, try to identify if this is coming from someone else or from you. Once you have figured that out, it will make it easier to find a solution to your anger, since you are no longer confused about where it comes from.

4. Positive Affirmations: It may be helpful to you to have a handful of positive affirmations nearby, such as on your phone or written down, to help you should any negative thoughts or mood come about. You can identify if these feelings are yours are not, and if they are not, you can say your affirmation to return yourself back to the present moment.

5. Grounding: You may feel a stronger connection toward the universe and the earth as an empath than to those around you. If this is true, you can learn to take any negative energy and feelings you may have absorbed and redirect them into the Earth, where they are absorbed and dealt with. This can help you strengthen the bond between you and the Earth as well, should you feel a distinct connection.

6. Forgive: Forgiveness is the emotional process of releasing negative energy and letting it go on its way. Forgiveness can be difficult for empaths, as they are often the victim of being used for their kind, understanding nature. This is also why forgiveness is especially important for empaths too; holding onto hate or anger will drain you more than the average person. Detaching from this negativity will help you on your venture toward healing. Forgiveness can also be applied to yourself; for things you may have done to others, or for the hurt you allowed others to give you.

7. Catharsis: Empaths often have difficulty processing the emotions of others that they forget to process their own. They inadvertently allow their own emotions to build up, allowing them to affect their inner world negatively. Participating in catharsis is when you allow yourself to feel the emotions at their most potent, whether it be laughing, crying, yelling, etc. They are ways in which emotions are expressed, and are also the outlets to allow this pent-up energy to be free. Try to find a way to let your emotions out in a moment that feels right and appropriate for you.

8. Make a “You” Time: Self-care has shown to be one of the most important ways a person can cultivate their own mental health in a positive manner. Making a “you” time is similar—it is time to take care of yourself, that not everyone is always going to understand. If they really care about you, then they will realize that you are doing this for your own well-being. Try to set aside at least two evenings a week where you can apply some of the previously listed skills to practice, or at least an hour before bed should two nights a week be difficult for you. Remember, that you do need to prioritize yourself as

an empath, as this is the only way that you are going to heal and begin taking your power back.

9. Create a Safe Place: It is going to be a lot easier to replenish your energy in a place that helps you relax and is comfortable. Try to make a space that is solely for relaxation purposes. It can be anywhere, but it's best for you not to do anything else while you are choosing to recuperate—like watch TV, organize your life, make phone calls—this will only distract from the recovery process.

10. Eating Well: Highly sensitive people are far more in touch with what is put into their bodies. If they don't eat well, they won't feel well. So of course, it would make sense for you as an empath to try to maintain a healthy diet of fruits and vegetables, meats, and some treats in moderation. It is common for empaths to want to binge on snacks or foods that aren't healthy in order to nun their oversensitivity, so pay attention to this should you feel it applies to you. Keep a diet journal and coordinate your feelings with what you ate that day.

11. Meditation and Yoga: This is all a part of the self-care era that has flourished in popularity within the Western culture as of late. It has for a reason though, and can greatly benefit those who are very sensitive like you.

12. Get into Nature: Walking around outside and in nature has been proven to be one of the most effective ways to replenish the energy of an empath. Nature is full of vibrant energy that you can soak in, plus, it allows you to be on your own and reflect on your thoughts, life, and better ways you can apply self-care in your life. The still allows you to feel your own emotions, instead of everyone else's all the time.

13. Alter Your Perspective: Because you are an empath, being kind and caring to others comes naturally to you. It is odd when people behave in selfish ways, and it tends to bother you greatly. Because this bothers you so much, it might help you to view them as people who are hurting, rather than people who are evil. They were

raised differently than you, or have gone through some trauma that has made them feel this way about the world around them. By seeing them in this light, you can lessen the effect they have on you because you are choosing to understand rather than indulge in confusion and annoyance.

14. Cleanse Your Chakras: Another new-age notion that has been popularized in the Western World is the concept of cleansing your chakras through meditation and yoga. The chakra system is specific areas of the body that run along the spine that supposedly contain energy and are paramount spiritual areas that you, as an empath, should focus on. Beyond doing yoga and participating in meditation, many people apply aromatherapy or use crystals to absorb the negative energy that clogs up your chakras. Look up meditations on YouTube and begin to learn more about what these chakras mean in accordance with your empathic abilities.

15. Gratitude: The power of gratitude has been constantly documented within the confines of the meditational world, as well as many methods of enhancing wellness. Living life as an empath may often feel like a burden, and you may have felt angrier rather than thankful for possessing this sensitivity in your personality. But if you try to look at it from a different angle, you can see the enhanced ability to experience life to the fullest that other people often cannot attain until they are much older. You feel things deeply, which means you are going to see the glory of life much keener than a friend, while at the same time, you are going to feel the sadness of the world much more intensely too. Life comes with both aspects of existence, and your ability to feel them will allow you to learn more life lessons and become closer to people much quicker than others. Being thankful for this ability is one of the ways that you can shift your perspective on yourself, and also sends out positive energy into the universe that can make you feel calm rather than dismayed.

16. Set Boundaries: This is one of the most important skills that you must learn to develop as an empath. Not everyone is a toxic monster who consciously wants to take advantage of you—some people are simply adjusted to your caring nature and use you in ways that they do not always realize. Setting boundaries is an act that

everyone needs to implement into their lives, the extent dependent upon how giving and unassertive their nature may be. Some people are more aggressive in nature and believe that this is being assertive.

25
Connecting with Spirit Guides

One aspect of meditation and spiritual work that we've touched on has been Spirit Guides or Guardian Angels. Spirit Guides are another invaluable tool for the psychic, whether you want to meditate to simply ground yourself and replenish your energy, draw more strength to yourself before you begin a reading, or whether you seek help/protection – these are all reasons to attempt to connect with your spirit guides and ask them for advice and strength. Always treat them with respect when making requests or asking something of them. Do not demand things from them, but do not be afraid or ashamed to ask for help, as we can't do everything alone. Treat them as you would a friend or mentor.

Spirit guides or guardian angels – whichever name you use the term is clear – are not deities that you must worship; they are a spiritual presence that watches over you and guides you. You do not need to fear some godly wrath – they are on your side and want the best for you!

There are a few different types of spirit guide. Your guide may take the form of an ancestor or loved one who has passed on from the physical realm but continues to watch over you. If they are an ancestor, they may be someone who died before you were born but there are certain signs that crop up that a relative who knew them will tell you means their presence is near – for example, if you had a grandmother who loved flowers, and flowers are a constant presence in your life, this may be a sign that this ancestor is watching over you. Ancestral Guides can go back many generations. You may not see the face of your ancient ancestor when connecting with them, but you will sense their relation and connection to you. You could also be watched over by a dear loved one who died during your life. This would most likely be someone who died earlier in your life as spirit guides tend to watch over you for your whole life, but it could be someone who passed on later as well.

Another common type of spirit guide are the ones that come in the form of animals. These are called 'animal guides. You will likely be guided throughout your life by multiple different animal guides, each having

something different to show or teach you – you won't just have one animal spirit that's assigned to you. Animal guides are often considered symbolic, or energies that embody the spirit of whichever animal it is that represents them. If you see a vision of a fierce panther while meditating, this Spirit Guide may offer protection and advice on assertiveness. If you see a bull calmly standing in a field, it may be there to help steady you.

Your spirit guide may not be ancestor nor show itself as any symbolic representation. It may just be pure energy, often seen as a brilliant light. This is what many people refer to as an angel. It is likely a comforting and familiar energetic entity that has watched over you since your conception. Make sure any entity you are connecting with truly is your spirit guide. If there is any feeling of darkness or discomfort, then that entity is not your spirit guide. Your only experience with your guide/s should be positive – that's how you know for sure.

Now that you know the basics of what a spirit guide is, let's look at how we can reach out and contact/communicate with our guides. This may be your first time interacting with your guide – you may not even know what form your guide will take yet!

Meditation is most people's go-to way to contact their spirit guide. There are many guided meditations available online for contacting your spirit guide. If you're not doing a guided meditation, when you sit down to meditate, make your only focus contacting your spirit guide. If you are contacting them for a reason, you can also focus on the reason you wish to communicate with them, but at the beginning, just focus your purpose on meeting your spirit guide. Clear your mind and don't force anything. Like with every aspect of spirituality, don't be frustrated if it doesn't work right away. Just keep sitting down to meditate with the powerful intention of contacting your spirit guide. They may not appear to you in a vision or as an image, but if you keep your mind clear and let it flow naturally, you will begin to sense their presence, and over time your communication channel with them will become stronger.

You can contact your spirit guide through meditation, but sometimes they will show themselves to you without you being in a meditative state or reaching out to them, such as a crow swooping down to stand directly in the middle of the path you were walking down, eyes fixed on you, or your

grandmother’s scent suddenly filling your nostrils for a moment or hearing a song that you always associated with your uncle who passed away. These could all be the presence of your spirit guide.

Certain times, when your intuition strongly urges you to do or not do something, so clear it almost sounds like an inner voice is speaking to you (similar to clairaudience), this could be your Guardian Angel, giving advice or warnings in your day-to-day waking life. You don’t have to do anything to experience this communication; just listen and acknowledge the advice. Your guide, in the spirit realm, likely knows things that you don’t and has wisdom you may not, so it’s always a good idea to trust them – but at the end of the day, it’s your decision to make. They are guides, not dictators.

Your spirit guide/s may visit you and show themselves to you in the form of a dream. If you’ve ever had a particularly vivid dream where a benign entity (whether your dead grandmother, an animal, or an energetic presence) has spoken to you, signaled to you, or led you to something/somewhere, and you remember it clearly the next day, or at least you remember the essence of what they were communicating and showing to you, this was likely a visit from a spirit guide. Though you may remember the figures you encountered and what was communicated to you when you wake up, you are likely to forget important details – if not your whole dream as the day goes by –, so it’s a good idea to keep a dream journal and write down exactly what you dreamed about in as much detail as you can remember after waking up. If you have to rush out the door to work, you can write in the notepad on your phone – it doesn’t need to be anything fancy. If you want to keep a record of spirit guide encounters, symbolic, and important dreams, you can copy it into a paper journal when you get a chance. If you want to plan to meet a spirit guide during your dream, focus on a question you want answering or the reason you wish to contact them before you go to sleep. As you drift into sleep with this in mind as your focus, hopefully, you will encounter them in your dream that night. This is a system of lucid dreaming, so keep in mind that it may take a few tries to have this sort of control over your dreams.

Conclusion

It should have been informative and provided you with all of the tools you need to achieve your goals – whatever they may be. Each moment you spend out there, you are unsure of what emotion you will feel next. Frustration, excitement, grief, anxiety, joy, angst, annoyance, you name it. Thanks to your introspective mind, you have found out that you only feel these emotions when you are surrounded by people. And it's precisely why you have developed a tendency of running away from them every time you get overwhelmed.

The next step is to go forth and start utilizing the tips, tricks, tools, and techniques provided in this book to begin realizing your psychic potential and to become confident and empowered as your journey into the world of psychic power progresses. As you become more confident in your abilities and begin to see more results, you will have the desire to attempt some of the more difficult techniques and psychic reading styles suggested and described in this book, such as telepathy, crystal ball scrying, mediumship, and aura reading. And remember: it's true what they say – practice really does make perfect! Hence, if something doesn't work for you right away, it doesn't mean that it won't work or that you cannot use that technique!

An empath is a person with the special gift of picking up on the energies of the people around them and believing them to be their own. These are the categories of empaths:

- Emotion empaths: They pick up on the emotions of other people and believe them to be their own. If they stay near sad people, they end up becoming sad, and if they stay near happy people, they end up feeling happy.
- Medical empaths: They can detect the physical status of other people's bodies. They can tell what's ailing a particular person in an instant.
- Geomantic empaths: They are attuned to certain environments or landscapes.

- Plant empaths: They share a connection with plant life. They can intuitively communicate with various plants.
- Animal empaths: They share a strong connection with animals. Animals trust them, and they can sense their feelings.
- Intuitive empaths: They can pick up information from people by paying heed to their gut feeling.
- Psychometric empaths: They can pick up the energy from various objects.
- Precognitive empaths: They are aware of future events long before they take place.

Everyone can use any of the tools mentioned in this book – though, for some, it comes easier than for others. If you see someone who has started a beginner like you but are now better at using a certain practice, it may just come more naturally to them. Don't judge yourself and your progress based on others – just stick with it, and you'll see how far you progress. Moreover, there are likely to be things that come more naturally to you than to others, so don't worry – it evens out!

CHAKRAS

A GUIDE TO SELF-HEALING TECHNIQUES TO BALANCE AND UNBLOCK YOUR CHAKRA. DISCOVER HOW TO FIND POSITIVE ENERGY, ACHIEVE STRESS REDUCTION, AND SELF ESTEEM

AURORA SULLIVAN & JORDY LUNA

Introduction

Chakra (from Sanskrit “circle”) is one of the centers of the human body through which vital energy passes. Chakras can be called a kind of spine along which energy flows move in circular movements. That is why chakras are often depicted as closed petals of a beautiful lotus.

In women, the chakras rotate to the left, in men - to the right.

According to the spiritual practice of Hinduism, a person has 7 energy chakras, which symbolize the development of human consciousness. After going through all stages of development (from the root chakra to the crown), the self-centered childish thinking of a person becomes wise and perfect.

Almost all chakras are located along the spine and open forward. Everything except the root and crown. The root “looks” down and is closely connected with the earth, the crown is directed up and connects a person with the Universe.

Each chakra has its vital area and a certain frequency of vibrations.

Streams of energy pass through the subtlest energy channels (Nadis) throughout the body, nourishing organs, tissues, and glands. Nadi channels at the psyche level connect all parts of the body with specific areas of human consciousness. All subtle energies that create a kind of sphere - this is the aura of man.

Why Do You Need to Work with Chakras?

Each chakra has its color, element and its symbol. Chakras are interconnected and vibrate harmoniously. The more chakras are open, the more energetically energized a person is. To this end, try to maximize open all the chakras. When all the energy flows flow intensively, it brings a person into a state of complete balance, serene calm, self-confidence.

But to achieve this state is quite difficult. What is in the way? Endless stresses, negative emotions (anger, envy, hatred), illnesses, fears, as well as psychological injuries received in childhood interfere. All these factors

violate the intensity of the energy exchange of the chakras, narrow and block the channels.

Where to Start Working with Chakras?

The primary task with which you need to start working with the chakras is a deep study of your own body. It is necessary to find out which chakras are narrowed and blocked, and also to establish the exact reason for the blocking.

The main practice in opening the chakras is meditation and yoga. Through daily exercises, it is necessary to awaken the energy of kundalini. The purpose of the practice is to raise this energy from the lowest root chakra to the highest crown chakra. When a person is just starting to engage in such a practice, his kundalini is portrayed as a serpent curled up in a bud, which sleeps in the root chakra. Awakening, the kundalini rises and passes all the chakras, reaching the highest and connecting with cosmic spiritual energy. The achievement of such a result is associated with a strong and indescribable feeling of the highest bliss.

What Is the Meaning of Each of the 7 Chakras?

Before you dive into the study of the seven chakras and what each of them is responsible for, first listen to your body and see if you can feel how your chakras work. Maybe it will be easy for you to feel the energy centers, or maybe you will not feel them at all. Whatever happens, do not worry about it.

Think of this exercise as an epilogue. Perhaps you are generally listening to yourself for the first time. First, make sure you are in a quiet place. If you cannot find a secluded area right now, return to this part later. But if you can, sit down and take a few deep breaths. Let the tension and stress recede briefly. Just be in the current moment.

Now pay attention to the base of your spine, to the coccyx, and imagine a bright red light. Feel it pulsating and spinning in rhythm with your breath. Sit with such a thought for a while.

Now direct your attention a little higher along the spine, to the area a couple of centimeters below your navel. Feel the warmth of bright orange.

Notice how it pulsates in rhythm with your breath.

Direct your attention a couple of centimeters above the navel. You are probably already familiar with this area because when you feel strong emotions, such as love or fear, you most likely feel them here. Please note that intense yellow light is felt here.

Next, pay attention to the center of the chest where your heart is located. A bright green light is felt in this area. When something is very impressive, you can instinctively put your hand in this place. Focus your senses on this area.

Then pay attention to your throat, to the area between the collarbones. Imagine a bright blue light spinning in this area. You may feel the urge to clear your throat when you think about it.

Then shift your attention to the area between the eyebrows, to your third eye. This area is indigo. Imagine that you become wiser when the energy in this area rotates and becomes brighter and brighter.

And finally, turn your attention to the top of your head. Imagine a bright, rotating purple light that shines directly from the top of your head. This light connects you to the universe. Feel inner peace with this light.

Chapter 1
Meditation and Chakra Healing for Empath

By regularly practicing meditation, you will allow your body and mind to get into the habit of relaxing completely while also giving yourself a chance to connect with your emotions. Meditation, when done correctly, has endless benefit for both your physical body and your mind. Not only does meditation help you to feel better where your mood is concerned, but meditation has also been known as a great tool for healing the mind and body (as well as aiding in the prevention of numerous health conditions and illnesses).

Stress-Induced Medical Conditions

Stress has been linked to one of the leading factors in causing depression, insomnia, headaches, weakened immune systems, and high blood pressure. Stress can also increase an individual's risk for heart attacks, erectile dysfunction, and problems with fertility.

Meditation can also be used to shrink neurons that are located in the brain's hippocampus. The hippocampus can regenerate and heal itself in the event that the individual is able to eliminate stress. The hippocampus is responsible for our memory, positive moods, and general learning capacity. To summarize: eliminating stress promotes immediate brain health.

Some say that illnesses are often rooted in our mind's or consciousness. With that in mind, by healing and relaxing our minds through the act of meditation we are able to eliminate the root of most illnesses (resulting in better health).

There are three types of spiritual healing that can be used to better one's physical and mental health: Chakra Healing, Reiki Healing, and Spiritual Cleansing.

Chakra Healing

The practice of Chakra Healing concentrates its focus on balancing one's health, spirit, and body in order to promote better physical health. Some of the techniques associated with Chakra Healing are chakra massage, yoga, chakra stones, and the use of essential oils. Gently massage the area in which the desired chakra system is located within the physical body. Chakra massage can help relax and strengthen individual chakra systems. Illness can be caused when a certain chakra's energy becomes stuck or stagnant, and various yoga poses have been known to allow this release of blocked energy. Yoga encourages your chakra energies to flow freely and fluidly throughout your body so the chakra system remains healthy (allowing your body to remain healthy and relaxed). Chakra stones (or healing crystals) can be used to relax individual chakra systems by applying the appropriate colors and vibration levels to promote the release of healthy, positive energy by the chakras.

You can achieve chakra healing through meditative practices too. A good way to achieve this is to choose a quiet area in your home where you will have minimal distractions from external stressors, noise, or disturbances. You can then turn on some soft, soothing music and listen to guided meditation audio files in order to help you to get in tune with your mind, body, and chakra system. Make sure to use a calm, soothing, comfortable voice as you read these exercises for recording. Also, it is important to stop for an adequate amount of time between each step in the guided meditation exercises so that you do not feel rushed when you play the audio file back and are performing the meditation practices.

Essential oils are often used in addition to regular meditation exercises or chakra massage and offer greater benefits when combined with these forms of chakra healing rather than being used alone. Below is a list of the seven chakras and the essential oils that are best for bringing relaxation and balance to them.

Chakra Stones

Chakra stones are also known as healing crystals. These stones are crystals that, when matched correctly with their corresponding chakra system, when placed on the body they draw out the negative energy from that physical area. Healing crystals, or chakra stones, are used to protect

against numerous types of disease and are also used to cure certain types of ailments.

Below is a list of the seven chakras along with their corresponding chakra stones crystal type:

- Root Chakra: Bloodstone, Tiger's Eye, Hematite
- Sacral Chakra: Coral, Moonstone, Carnelian
- Solar Plexus Chakra: Citrine, Topaz, Malachite
- Heart Chakra: Jade, Rose Quartz, Green Tourmaline
- Throat Chakra: Aquamarine, Turquoise, Lapis Lazuli
- Third Eye Chakra: Amethyst, Purple Fluorite, Black Obsidian
- Crown Chakra: Selenite, Amethyst, Diamond
- Chakra Healing with Essential Oils
- 1st Chakra: Angelica, Frankincense, St. John’s Wort
- 2nd Chakra: Juniper, Clove, Rosemary
- 3rd Chakra: Peppermint, Lemon, Marjoram
- 4th Chakra: Basil, Rose, Rosewood
- 5th Chakra: Sage, Blue Chamomile, Lemongrass
- 6th Chakra: Spruce, Elemi, Lavender
- 7th Chakra: Myrrh, Geranium, Sandalwood

Essential oils offer more benefits to your mental and physical health than simply relieving stress to help align the seven chakras. Essential oils have also been shown to balance hormonal levels, strengthen your immune system, improve respiratory issues, relieve pain, relax sore muscles, and heal skin conditions. As if these benefits were not enough to make one consider utilizing essential oils, these oils also reduce cellulite, wrinkles, inflammation, and fever.

Reiki Healing

Reiki healing is a Japanese method of spiritual medicine. This technique of spiritual healing is designed to reduce stress, increase relaxation, and promote healing. Reiki healing sounds complicated but in reality, the concept of how it works is relatively simple. Reiki healing works by flowing through the body’s damaged areas of the energy fields and supercharges them with positive energy so that they may be balanced and

healed. Reiki healing breaks down and destroys one's negatives energy (causing pain and illness) by increasing the energy field's vibratory levels.

Spiritual Cleansing

Physically cleansing the body of unwanted toxins is extremely beneficial to one's health, and has been a recently growing trend as a weight loss technique. Americans spend in average $33 billion each year on products designed to detox and cleanse the body in order to achieve weight loss. If you would be willing to try cleansing your physical body in order to achieve greater health and weight loss, why would you leave your mind clouded with unwanted toxins (in the form of stress and negative energies)? A spiritual cleanse can be as beneficial as a physical cleanse in order to achieve improved health and wellness. Spiritual cleansing techniques involved the release of thoughts and negative mental concepts in order to achieve mental clarity while promoting a better connection with one's emotions.

Chapter 2
Breathing Meditation Technique

There are those days we seem to be living in our heads. On such days, it is necessary to take a minute and reconnect. Meditation offers a channel to refocus and center yourself. When you meditate, you quiet your ever-racing mind and expand your awareness. Meditation connects our mind and body to increase our level of consciousness.

Grounding is the act of centering yourself and connecting your energy to that of the earth. The earth and we are composed of the same elements; therefore, grounding might be metaphorical for seeking Mother Earth's compassion. It is easy for empaths to become ungrounded because of the influx of emotion. Grounding meditation helps to be at peace with your thoughts and the world around you.

Grounding activities are things you can do to carry yourself into contact with the present moment, time, and place. They can be fast (like taking three deep "gut breaths") or more progressively formal activities (like meditation). Various systems work for multiple individuals, and there is no "off-base" approach to ground yourself. The fundamental idea is to keep your psyche and body associated and cooperating.

Earthing activities are useful for some circumstances where you end up overpowered or diverted by troubling memories, thoughts, or emotions. If you experience a painful memory or a flashback, or become involved with compelling feelings like nervousness or outrage, or wake up from a bad dream with your heart racing, grounding activities can help carry you down to earth.

You can ground yourself by:

- Eating fruit and root vegetables,
- Walking barefoot on grass (I believe it was Thich Nhat Hanh who said, "Walk like you're kissing the Earth with your feet")
- Taking a nature walk, communing with nature
- Listening to the sounds of nature,

- Using water to take a shower, for example, or dance in the rain, or use as decor
- Burning incense, and using natural oils
- Using crystals and gemstones
- Any physical activity, exercising, walking, dancing, etc.
- Meditation

Necessarily, the more attuned you are with the earth, the better. Earthing is a natural gift that we should take advantage of in any way we can. Anytime is grounding time.

An empath who is not grounded goes wherever the wind takes him or her. Their energy balance is tittering and can be tipped at any moment. Grounding grows your roots and keeps you anchored. However, you may experience some difficulty with grounding meditation because part of you is not comfortable with the life straw that you drew. You have suffered physical, emotional fatigue, and a looming sense of resistance to life on earth. However, as you will come to find, breathing through your discomfort as you ground yourself using the various methods, you can achieve inner and outer peace.

Advantages of Grounding

- Control over your emotions

Grounding meditation helps you with mental, empathic, and emotional clarity. Empaths have many feelings going through them at any particular moment, so this meditation helps them to tame the raging emotional turbulence by reconnecting their energy to the earth.

- Get rid of undesired energy

For empaths, grounding is necessary because they pick up all energy, including the negatively charged. Grounding offers a release of these energies back to Mother Earth.

- Offer foundation or support

Grounding is pivotal for empaths as it renews their energy. The earth acts as an energy field; therefore, energy flows to and through it. Connectivity is

guaranteed, knowing that there is one source you can always look to for rejuvenation.

- Heighten the sense of calmness and peace

When you are grounded, you seem to experience immense happiness, peace, and bliss. Everything seems to exist in itself and within you.

- Improved health

With mental and emotional health comes physical health. The earth rejuvenates our energy making us feel physically better in surprising ways. It reduces stress-levels, enhancing our well-being.

When grounding, make sure that you make a conscious commitment to communing with nature when possible, acknowledge its importance to your well-being, and use meditation to help you. There are two variations of grounding meditations.

- Mindfulness meditation and centration meditation

These two techniques, when practiced together, develop two separate parts of the brain, creating a mental balance. The concentration technique will not give you a perspective of yourself. How do you figure into this whole equation? Only mindfulness can step in and solve this mystery for you- to a certain extent. Emotions that cause suffering, such as greed, and lust are not addressed by concentration meditation alone.

These two go arm-in-arm during meditation because an excess of mindfulness without quiet to adjust it will bring about a fiercely over-sharpened state like in LSD abuse. They must be cultivated in a balanced ratio. An excess of focus without a regulating proportion of mindfulness will result in the meditator gets so sedated that he remains stupefied.

In the beginning, put your attention on concentration, until the monkey-mind marvel has chilled off a piece. From that point forward, stress mindfulness. If you wind up getting wild, stress focus.

Mindfulness Meditation

This meditation technique allows you to observe your thoughts as they come and go like smoke. During mindfulness meditation, you experience your thoughts in the present. The mindfulness technique involves breathing exercises, visualization, mind and body awareness, and muscle relaxation.

Mindfulness is not about escape from reality; it is no panacea. Mindfulness trains your body to thrive. It is not merely about reducing stress and anxiety levels. Mindfulness strengthens brain pathways and boosts creativity. Mindfulness meditation is not self-centered; it sees and understands. It is the essence of patience.

Concentration Meditation

In this type of meditation, the focal point is one particular thing. It aims to redirect your wandering mind to this object of focus. This method increases concentration by unifying the mind. The focus might be the breath, the flow of energy, or any other thing- internal or external- on which you may choose to focus. When practicing this meditation, be sure to loosen the hold the object of focus just a bit because holding it too tightly will cause your body to tense.

Sometimes, concentration meditation is difficult to achieve under particular conditions. For example, you might find it challenging to focus your attention on an object while you are driving, or on a bus or an office setting where you are worried about one thing or the other. It is best conducted in controlled environments.

Grounding Meditation Techniques

Emotional balance is the capacity of the psyche and body to keep up stability, notwithstanding times of pressure. Overwhelming feelings can rule our perspective, influencing our ability to maintain a point of view, and staying grounded. Meditation can get control over compelling emotions and helps us feel more grounded.

Grounding meditation is best done in a natural environment, but if you can’t do it at the time, visualize yourself connecting with the earth. In preparation, turn off all devices, give yourself space where you can be alone for about fifteen to twenty minutes, sit in an upright position with your legs

firmly on the ground, or sit directly on the ground. Let your arms hang by your side or place them on your hands on your laps with your palms facing up. Close your eyes, and give yourself a moment for your body to adjust in this position before you begin.

Practice the art of not being distracted while meditating. Allow your thoughts to come and go but do not follow them. Remain relaxed and aware of the noise around you, but do not pay it any attention.

Learning how to control your breathing is a critical step in grounding meditation. As you breathe, pay attention to your body as it relaxes. With every inhale, you fill your body, mind, and soul, with every exhale you let go. When you find yourself getting distracted, focus on getting more and more relaxed.

Breathing Technique

- Sit down with your toes on the ground
- Take a deep, gradual breath in. Feel the movement of your stomach as you inhale.
- Take a protracted breath out. Feel your stomach relax as you exhale.
- Follow your breath in and out for a few minutes as your body relaxes. Feel the tension leaving your body.
- Focus your mind on the tempo of your stomach, chest, or nostrils. Listen to the rhythm as it becomes effortless.
- Remain conscious as you breathe in and out. Maintain this as you relax, begin to visualize.

Visualization

There are a few visualization techniques that an empathic can use to reconnect with the energy of the earth.

1. **Tree of Life**

Visualize yourself, seated as you are, as an extension of the ground.

Concentrate on the energy leaving your body, and into the ground through your feet. You and the earth are one.

Continue to see your energy flowing from your body and into the ground. Watch it flow through the layers of the earth all the way to the core.

Transfer all the undesired energy to the earth’s core.

Feel the earth feeding you its energy. Imagine it flowing up to you through the ground.

2. Halo

Visualize a light of whichever color that comes to mind, glowing above your head.

Imagine it getting into your body from your head. The light feels warm and safe, like a refuge.

This light comes into contact with the energy already inside your body.

Now imagine this light gradually making its way down your body through your spine.

See it glowing brighter and warmer, filling your whole body.

See the light as it makes its way to the base of your spine through to your toes.

The light is glowing, filling your whole body with light and warmth and expanding to the world around you.

The light relaxes you and releases tension from your mind, body, and soul. It removes excess energy and builds it where it is lacking.

This light then culminates at the base of your spine and balances inner and external energy.

Breathe as the glowing light then leaves your body through the souls of your feet.

Visualize the light as it gets into the fertile, dark soil of the earth deep and wide to the core of the earth.

Holding this vision, let go of all the draining energy; heartache, depression, anxiety, let it all go to the light at the center of the earth through

your feet.

When you feel ready, draw back energy to yourself from the earth's core to correct the imbalance. Bring yourself peace, love, abundance, and any other feeling you may require at this moment.

3. Mountain

Visualize a mountain.

Look at its vastness and majesty how it towers over all other things of the earth.

Visualize this mountain with as much detail as you possibly can. Imagine the number of snow-covered peaks, the ridged slopes, and its forest-covered based. Imagine all the animals this beautiful mountain inhabits.

Bring the mountain into yourself. Envision yourself as the beautiful, glorious mountain.

Imagine sitting there, on top of the earth, still, calmly watching the weather and moon wax and wane.

Imagine yourself rooted in stillness as the internal and external patterns in your life change.

Stillness

Before you open your eyes, remain calm and centered for a few minutes as you continue the breathing technique. When you are ready, pull back your mind to your body and open your eyes. Notice how good you feel. If you feel unfocused, close your eyes again and remember the grounding experience you just shared with Mother Earth.

There are many other grounding meditation scripts available online. Look them up and see the fun, exciting visualization exercises they have. Grounding meditation is no different from any other skill; with practice comes mastery.

Chapter 3
The Root Chakra

It is also known as the Muladhara. Muladhara is a Sanskrit word that is broken down into ‘root’ and ‘support.’ It is found at the spine’s base, pelvic floor, and first three vertebrae. It is responsible for making a person feel safe and secure in life. This chakra is the first chakra of matter, and balancing it will provide you with a solid foundation for the balancing or opening the other chakras above it. It is like the foundation of a house and provides support. You need reliable basal support if you want stability in life. The root chakra is linked to everything that provides you with stability. It included food, water, shelter, and all your basic human needs. It also includes your emotional needs. When these physical and emotional needs are met, you will feel grounded and safe as you go through your days.

Identifying Blocked Root Chakra

The root chakra corresponds to the connection of the physical body to the Earth. It is also related to the basics of survival, such as safety, shelter, comfort, food. The color of the root chakra is believed to be red and positioned in the base of the spine.

You may experience the following circumstances when the root chakra is blocked

- Feeling stuck and sluggish: The key to overcoming this feeling is to distance yourself from the drama/anything that negatively bothered you to gain a wider perspective. It is also beneficial to get some rest and develop a new mindset.
- Experiencing insecurity and anger toward your body.
- Experiencing persistent financial problems.
- Experiencing chronic stress from over-reliance on external circumstances.
- Feeling that your family and friends have abandoned you.

Balancing the root chakra

Some essential tips for balancing the root chakra are as follows:

See more of red

The beginning of root chakra balancing is envisioning the red color brightly glowing at the spine’s bottom, which is where the chakra is found. Meditation would also help. Imagine a bright red light at the base of your tailbone. Picturing this red light extending down your legs and feet would help you to balance the root chakra.

Dance

It's not about if you are a good dancer or not. Dancing is one of the simplest and most effective ways to balance the root chakra. Also, it’s a lot of fun and can help loosen you up physically, mentally, and emotionally. It is even better to dance to music and sing along as you do so. This would help not only your root chakra but also your throat chakra for an added bonus.

Walking

Walking can help you balance your root chakra. Whenever you go out for a walk, concentrate on every step you take, especially on your foot, how it is leaving the ground and connecting you to the Earth again. This will give your mind a break and help to balance your root chakra.

Take a shower

This is an amazing root chakra cleanser. During your bath, you have to be completely present in it and embrace your physicality. One powerful form of meditation is mindfully moving.

Yoga

Yoga postures are mainly designed to cleanse this chakra. One important pose for this chakra, particularly, is the tree pose. Some other yoga poses you can rely on are the squat pose (Malasana), head-to-knee pose (Janu Sirsasana), lotus (Padmasana), and knee-to-chest pose (Pavanamuktasana).

Eat root chakra foods

Do not forget that what you eat plays an important role. Potatoes, beets, onions, radishes, carrots, and other root vegetables are all great choices.

Symptoms of Blockage

The root chakra is mainly blocked by childhood trauma, impatience, poverty, physical abuse, selfishness, fear of change, etc.

Proper functioning of root chakra generates vitality, a strong will, and energy. However, when there are some imbalances in the chakra, you can experience a decrease in vitality, feel incapable of engaging in daily activities, abusiveness, and depression. Also, some signs include:

- Chronic health problems
- The feeling of disconnections
- Trouble saving money
- Poor communication with the loved ones
- Generalized fear
- Lack of energy
- Materialism and greed plus an obsession with money
- Lack of confidence
- No interest in physical relations with the partner
- Chronic fatigue
- Identity crisis
- Eating disorders or loss of appetite
- The sensation of being out of the space
- Hypochondria
- Trouble making decisions
- Low-self confidence
- Panic attacks

Healing your Root Chakra

Opening and healing the root chakra can profoundly impact how you feel. It can improve your self-confidence levels, help you feel more relaxed than before, will let you feel more engaged and fun, and give you a basic sense of stability that will permeate all aspects of your life.

Some important tips to open and heal root chakra are as follows:

Using jewelry and root chakra stones for opening the root chakra

Healing chakras often involves using gemstones, sometimes in the form of jewelry, by simply holding these chakra stones. However, different stones are associated with different chakras. Red jasper, red carnelian, obsidian, and bloodstone are the central four traditional root chakra stones.

Root chakra meditation and different techniques of yoga

Root chakra meditations can help in the overall healing of your chakras. Some important and effective root chakra meditations are:

- You have to sit with your shoulders back and your spine straight. Close your eyes while you breathe deeply and try to relax all your muscles.
- You have to pay attention to the location of your root chakra, which is right below your tailbone.
- As the root chakra's element is the color red, picture a red glow at the base of your spine. This glow will spread and make the whole area warm and comfortable.. At this point of sensation, you should rest for three to five minutes.
- After that, when you are ready, slowly open your eyes and sit for a few minutes before continuing the rest of your day.

Chakra Foods and Diet suggestions

Your diet plays an important role in your chakra. It has an impact on your alignment and vibration. You have to reduce the levels of salt, sugar, and saturated fats and increase the intake of fruits and vegetables. Organic, naturally sourced foods are a great option because the root chakra is opened by anything connected to our tribal roots. Also, the following types of foods are also recommended:

- Protein-rich food gives you physical strength and Its emotional energy. Beans, green peas, and almonds, tofu, spinach are some examples of this kind of food..
- Red foods such as strawberries, cherries, red bell peppers, and tomatoes automatically impact your root chakra because of their

color. As a bonus, these foods give you lots of vitamin C.

- Root vegetables that are into the Earth's foundations can help to rebalance a misaligned chakra. Beets, garlic, and potatoes are some examples.

Discover your Real Aspirations and Needs

Clarity and introspection are the keys to heal root chakra. You have to be sure with what you desire, and your aspirations before you conduct all the above processes. This clarity will give you goals and more determination.

Jewelry and Chakra Stones

Chakra stones are a common tool used to activate, balance, and cleanse the root chakra. It will keep you grounded to the Earth and connect you with others around you.

The following are some traditional chakra stones

- Red Jasper: Since the root chakra is associated with the color red, That's no secret that many of the root chakra stones are red. Red jasper is linked with rebalancing, so it is a helpful stone if you have problems related to mood swings.
- Bloodstone: This stone is green in color. However, the name refers to the red spots on the stone. It helps in pushing away negative energy and increasing confidence.
- Obsidian: It is a black gemstone that is believed to protect one from harm. It gives security, so you might want to wear it when you travel, work, and move places.
- Red Carnelian: This stone is pale red with orange hues. It is linked with strength, cleansing, and bravery. It would be a great choice if you struggle with fearfulness, and you can't leave your comfort zone.
- Black Tourmaline: It is black in color and is semi-precious. It is used for spiritual grounding. It also helps in cleansing and balancing.

Yoga and meditation for the root chakra

Since having a consistent root chakra will give emotional stability, contentment, inner peace, and the ability to cope with challenges in life, it is essential to emphasize how to open your root chakra. One of the crucial techniques is to practice yoga and meditation.

Here are some poses that can help you while practicing yoga:

Warrior II

This helps to ground the energy so that you feel healthy, stable, and ready to face fears and doubts. Begin with Tadasana and step back your right foot and place it parallel to the edge of the mat. With palms facing the floor, open your hips to face the front and raise your arms to shoulder level. On the exhalation, you have to bend the left knee so that it is over the left ankle and thigh parallel to the floor or ground. You should be active with both of your feet and your shoulders above the hips. Hold this pose for five, slow deep breaths.

Standing Forward Fold (Uttanasana)

This pose can bring a sense of calm and peace when you have a busy time. In this pose, you have to begin with Tadasana and keep the spine long. Next, start hinging forward from the hips and fold forward. You have to place your fingertips on the back of your calves or on the mat and let your hand hang.

Garland Pose (Malasana)

Garland pose physically strengthen the lower back, calves, and ankles while opening the hips. In this pose, you are sure that your knees are pointing in the same direction as the toes. You have to bring length into the spine as your arm strings rest on your calves. Place your hand in front of you to see if you feel rooted to the ground and then meditate to draw energy up from the Earth.

Head to Knee Forward Bend (Janu Sirshasana)

This pose is a seated pose that promotes a sense of grounding and develops flexibility in the back, hips, and hamstrings. You've got to sit straight with a long back and legs spread out in front of you., place the heel of your right foot against the inside of your left thigh and bend your right knee.. Continue to rotate your upper body slightly. Relax your shoulders and raise the arms overhead and hinge forward from the hips, folding forward over the left leg. However, it is best not to force the position more than you are capable of. Go on as far as you can and repeat on the other side.

Chapter 4
Sacral Chakra

The Sacral Chakra, or “Svadhisthana,” is located at the pelvis, between your genitals and your navel. It is the second chakra in the list of seven.

This chakra is often represented by an orange lotus with six petals, and has a connection with the color orange. It is also associated with the element of water, which relates to the fluid, adaptable, and creative nature of this chakra.

Whereas the Root Chakra was focused on meeting your body’s physical needs, the Sacral Chakra is much more tied into your body’s emotional needs. This is where the energy is housed for satisfying your needs for human identity, emotion, and creativity. It helps you regulate your emotions and desires, instead of you being controlled by them.

This chakra provides you with something very vital; the force to enjoy life through the senses and your emotions. Whereas the Root Chakra was concerned with the physiological need for sex, this chakra supports you in the pursuit of sexual pleasure, as well as other pleasurable aspects of life, while maintaining a healthy balance. Opening the Sacral Chakra is also important for allowing you to feel the world around you to the fullest.

As mentioned before, this chakra has a connection with the water element, and with good reason. When you think of water, you think of something that is fluid, adaptable, and constantly changing. This is a good way to think of the energy of the Sacral Chakra. Your creative energy is centered in this chakra.

When the Sacral Chakra is balanced, you’ll enjoy the pleasurable aspects of life, such as sexual pleasure, without overindulging on them. You’ll feel a sense of fulfillment from your creative pursuits and focus on happiness and pleasure. You’ll also feel a deeper connection to the world around you through your emotions.

Someone with a Sacral Chakra that is balanced will often go with the flow. Change is easy for them, and doesn’t present any undue hardship. They’ll enjoy food and sexuality but not overindulge.

However, when the Sacral Chakra is blocked or deficient, you may feel sluggish, uninspired or numb. You may experience a lower sex drive as a result of this, or have a hard time achieving satisfaction in your sex life. You may feel stuck in a particular emotion, or mood. Conversely, if you have an overactive Sacral Chakra, you may overindulge in fantasies, emotions, or pleasure, including sexual obsession. Either way, an imbalance in the Sacral Chakra causes you to be ruled by your emotions, instead of controlling them.

A balanced Sacral Chakra allows you to lead a healthy emotional life, providing a good basis to reaching the higher chakras.

Sacral Chakra Color and Function

The sacral chakra, located just below our navel in our lower abdomen, is associated with the color orange - a perfect stimulant for emotional and personal growth. As orange governs the sacral chakra, it helps us become more friendly, independent, joyous, and creative, while helping us avoid our tendencies to become over-dependent or despondent. Orange is also commonly linked to happiness, freedom, and sensation, which are the hallmark characteristics the sacral chakra can influence! Thus, a life that is guided by the color orange will yield deep feelings, bliss, wisdom, and more positive nurturing than you can imagine. Visualizing the color orange glowing at the location of your sacral chakra will help you awaken your chakra and brighten all aspects of your life.

The sacral chakra is also associated with many organs and processes within our bodies, including our reproductive functions. As the wheel of reproductive power, the sacral chakra will help keep our reproductive organs healthy and virile. Also, we can associate the muscles of the pelvic region with the sacral chakra. For example, a woman with a badly blocked sacral chakra might experience conditions like endometriosis, chronic yeast infections, and even infertility. Our energies have unimaginable power to influence the functioning and health of our reproductive tract and are often overlooked when we are looking for the cause of our problems.

Since the sacral chakra is situated in our lower abdomen, we can also see its power with our digestive system, particularly our large intestine and colon.

Overall, the sacral chakra controls much of our emotional needs in this world and translate that to the organs that most directly respond with our ultimate and most primal life goals of procreation and happiness.

Nutritional Food for Sacral Chakra

The sacral chakra is the exact opposite of the first chakra. While the root chakra keeps us grounded and stable, the sacral chakra opens up to the movement and flow. When you are having problems with your creativity or expressing yourself, “You are not going with the flow”. Eating the right food will help your sacral chakra continue with the flow.

The sacral chakra foods include seeds, tropical fruits, orange-colored foods, fats, and oils (omega-3s is one of the best), nuts, and fish.

While eating, it is important to pay attention to your senses.

Nature of Balanced Sacral Chakra

As we have discussed, our sacral chakras are essential to our identity as it relates to our creativity and sexuality. Both of these are important facets of our journey as human beings, and so we must take care and maintain the balance of our chakra. As you can open up and bring your chakra into the right balance for you, you might notice some changes in your life. If your sacral chakra is balanced, you will first and foremost feel unburdened by traditional rules. You will feel free to explore satisfying relationships and your own set of interests. This chakra is also commonly referred to as the “seat of emotions.” So if your chakra is healthy and positive energies are flowing, you will likely feel extremely emotionally stable and able to make the right decisions for yourself regardless of the situations you find yourself in.

The sacral chakra is the next step up from the root chakra, which, as we learned, deals with tribal and primordial needs and feelings. As such, the sacral chakra allows us to apply our creativity senses to our fundamental instincts and broaden our internal appearances as humans. A balanced sacral chakra will allow you to perceive your experiences with intelligence and emotional maturity so that you can make the absolute most of everything that this life has to offer you. As you can further the power of

your sacral chakra, you'll notice that your intuition becomes stronger and you will be able to more easily and conveniently discover patterns in your life. That important skill will help you create plans for your day to day life but also for the months and years that are yet to come. Essentially, a balanced sacral chakra is an irreplaceable tool when it comes to learning to live a fully authentic and personally supported life.

Of course, a huge part of life is related to our pleasures! Aside from following our creative passions, a balanced sacral chakra will also empower you to follow your sexual desires with confidence and no shame or guilt. You will be fully supported by your inner energies as you search for relationships that please you and fit into your life exactly the way you want or need them to. The sacral chakra will inspire you to invite in positive sensual experiences and enjoy them to the fullest. You will also notice changes in the way you express physical love because you will become more passionate, desirable, and in tune with your partners. As we discover ourselves and become more confident in the things we value and want in our lives, we will also redeem much more happiness and joy from our daily activities and future goals. The sacral chakra gives us so much power in our lives and is essential to living a fulfilling life.

Strengthening Sacral Chakra

The chakra of emotion resonates with the element of water. Spending time near or in water is very strengthening, as well as drinking plenty of water. You can use creative outlets that are specific to your tastes. Examples are painting, drawing, sketching, sculpting, singing, making music, sewing, crafting, knitting, etc. The Hertz frequency found in meditation tones and binaural beats for this chakra is 417 Hz.

Meditation for the Sacral Chakra

Find a comfortable position; in this guided meditation, you have a choice of either sitting up with your legs crossed or laying down on a bed or couch. To make sure that you won't fall asleep during the meditation, take away your pillow from underneath your head or add an extra one, it will help your body notice that this is not your usual sleeping position, thus making it

easier to stay awake. If you have chosen to sit up, make sure to straighten your spine as you breathe in to ensure the flow of energy through your spine and other chakras. Place your palms on your knees and form a 'mudra' hand position. If you have chosen to lay down, then proceed by straightening your body and laying down facing upwards.

Start by bringing your awareness on the way your body moves as you inhale or exhale, the chest area. Relax your arms, legs, and other parts of your body where you feel most tension in by visualizing your energy traveling to that part, relaxing the body, and getting rid of any negative energy at the same time. Gradually allow your eyes close, slowly and but not forcefully. Make sure that you are maintaining a well-balanced breathing pattern that is smooth, deep and slow. By focusing and keeping your watch over the way you breathe, you are allowing for the mind and body to relax.

Once your body is fully relaxed, bring your attention to your stomach and organs expand as your breath in and out. Breathe through your stomach instead of your lungs; it helps to cleanse the lower abdomen area and activate the sacral chakra. Take notice of any sensations or tingling that will begin to emerge where your sacral chakra is located at the lower abdomen, within your pelvic region. Breathe slowly and deeply and try to notice any changes in the area of your focus, such as an increase in energy or a more relaxed state. Continue to breathe deeply, relaxing your body in the process and observing your lower abdomen. Return to your awareness of the way you breathe in, as your organs are expanding and changing their shape when you inhale or exhale through your stomach.

Whether you are laying down or sitting up, raise your hands and place them on the lower abdomen, skin to skin. Visualize a warming light radiating from the lower abdomen, picture an orange glow lighting up, and warming up your hands as well as the sacral region. Bring forth your intention to open and balance the sacral chakra. You will begin to feel some tingling and movements in your lower abdomen but don't let it distract your concentration.

Visualize the light evolving and glowing more brighter than before, with the feeling of warmth and tingling sensations slowly spreading throughout the body. Stay in this moment and enjoy the butterflies and the joyous

feelings in your stomach. Each time you deeply inhale, bring that orange glow a tiny bit brighter and bigger. If you have a specific spot within the body or the sacral region that you want to heal, then direct that energy there to receive healing. Allow yourself to sit in that feeling for a couple of minutes, reminding yourself of your pure intentions, before gently opening your eyes. Breathe in the air around you and look around as you still feel that strong and bright energy. The energy will overwhelm you with a strong urge to create, so allow it to guide you in releasing the energy and inspiration.

Chapter 5
Solar Plexus Chakra

The third chakra is the Navel/Solar Plexus Chakra or Manipura Chakra derived from the Sanskrit root word “mani” meaning “gem” and “puri or pura” which translates to “city”. It’s loose translation “city of gems or jewels”. The third chakra is also referred to as the Sun Centre.

The Navel Chakra

The Navel or Solar Plexus Chakra governs your ability to be confident and control your own life or destiny. It is located at the upper abdomen in your stomach area just above your navel. The chakra whose natural element is fire affects your digestion, metabolism, self-esteem, personal power and identity. The fire element of the Manipura manifests as body heat inside your body. It controls your energy balance, supplying energy to your digestive organs.

Your enteric nervous system or your gut plays a big role in making you happy and calm. Your gut communicates with your brains via your nerve bundles. The gut dictates the brain what emotions you should feel. The neurons embedded in your gut rans from the esophagus to your colon. These neurons help in absorbing food nutrients and in your digestion. More than that, your gut produces 90% of the serotonin found in your body. Serotonin acts as neurotransmitter for your gut to tell your brain to feel calm and happy.

The third chakra is connected to the psyche. Your psyche can conjure feelings like fear, death, failure and rejection. Self-confidence and self-awareness are gems of the Manipura chakra that can help fight the negative feelings. It is the cosmic doorway of many astral powers.

The Pancreas is also another organ closely associated with the Navel Chakra. The correct position of your pancreas can indicate an imbalance in this chakra. When your pancreas is on its right position, you will feel a slight pulse at the center of your navel. Any shift on the position of the pancreas can lead to disorders like migraine, headache, and diarrhea, lack of energy, anxiety and abdominal pains.

The Importance of Food in the Manipura Chakra

The Manipura chakra is the central power that provides you stability, strength, activity, and balance. It converts energy from the food you eat into Prana or cosmic energy. Just like a bonfire, if you feed the pit with wood, the higher the flames will burn but once the fire banks down, it gradually dies. The bonfire is your digestive system and the food you eat is the wood that feeds the fire. If you eat foods like nuts, grains, vegetables and fruits, it will provide you with strong and positive energy vibrations.

Symbols of the Navel Chakra

The symbol of the Navel or Solar Plexus Chakra is a lotus flower with ten petals with an inverted triangle at the center. Its color activator is yellow or amber. Yellow is associated with the sun, which is fitting as the element of the Navel Chakra is fire. Yellow radiates power and energy. It brings warmth, clarity, hope, optimism but at the same time, it also brings deceit, jealousy, sickness and cowardice.

The symbol of the ten lotus petals of this chakra are either taken as representation of the ten pranas or vayus of the human body or the ten negative qualities you need to overcome to open the Navel chakra – foolishness, delusion, fear, sadness, betrayal, disgust, shame, ambition, ignorance and jealousy.

The inverted triangle acts as a magnet attracting energy and at the same radiating energy out to the world.

The Lotus Blossom with Ten Petals

Solar Plexus Chakra, symbol of the ten-petal lotus blossom, represents the ten Pranas of the first sense or the cosmic energy that stems from all living beings. The same life force that comes from the food you eat and the air you breathe. The pranas are divided into Prana-Vayus, which regulates the organs of action or the Karma Indriyas, and the Upa Pranas, which regulates the organs of perception or knowledge also called the Gyana Indriyas.

There are five Prana-Vayus named: Prana, Apana, Udana, Samana and Vyana. Each Prana is responsible for the first basic function of the body,

which is reception of energy:

- Prana – responsible for inhalation
- Apana – responsible for exhalation
- Udana – responsible for ingestion of food
- Samana – responsible for digestion
- Vyana – responsible for nervous system and circulation

The Upa Pranas are Naga, Kurma, Devadatta, Krikala and Dhananjaya, which is responsible for the second basic function, which is elimination of waste:

- Naga – controls burping
- Kurma – controls eyelids movement
- Devadatta – controls yawning
- Krikala – controls sneezing
- Dhananjaya – stabilizes organ functions and strengthens the body

These ten Pranas radiate throughout the whole body and the energies they exude meet at the Navel Chakra.

Other Navel Chakra Symbols

Written at the center of the Navel Chakra symbol, the seed syllable “RAM”. Some variation design of the symbol depicts the deities Lakshmi and Vishnu with Lakshmi representing spiritual and material prosperity and Vishnu as representation of the spiritual growth, developing human consciousness, and creativity.

Excessive and Deficient Navel Chakra

When your Navel Chakra is overactive, it can affect both your physical and emotional health. Your chakra is exuding too much energy causing it to get overworked and too much of anything is not good for the body. Your body will go on overdrive causing you to experience problems with control over your emotions. Signs that would tell you have an overactive chakra are:

- Intense desire to control
- Too critical and judgmental

- Very stubborn
- Uncharacteristic aggression and anger
- Eating disorders
- Digestive problems like ulcers

If your Navel Chakra is underactive, your energy flow is disrupted, which can affect your overall well-being. You will experience lack of control and without direction. The chakra is blocked, which can make you feel helpless and lacking in self-confidence. You can recognize underactive chakra by watching out for these signs:

- Very low self-esteem
- Feel powerless
- Indecisive and doubtful
- Lack drive and purpose
- Lack self-confidence

The Navel Chakra is the center of your energy. It regulates your cosmic energy, which is responsible in controlling the energy that flows inside your body through the prana and cleansing that energy via apana.

Awakening your Navel Chakra

To awaken your third chakra, you must call upon its element – fire. This fire will help ignite your digestive fire and your inner fire. Three simple ways to keep the Manipura awaken:

1. Give power to your digestive fire. The Agni is part of your third chakra and you need to keep that digestive fire powerful by not over eating, drinking lukewarm beverages, and avoiding spicy foods.
2. Assert your will by lending strength to your inner fire. Have the inner drive to propel yourself towards your goal. If you are at a crossroad, trust in your instinct, trust the gut feel emanating from your solar plexus and let it guide you.
3. Improve your digestion and metabolism. Eat foods that gives positive vibrations and do breathing exercise like Bhastrika Breath.

To know if your third chakra is awake, watch out for these signs:

- You feel less hungry
- Your body releases fears by shaking and palpitations
- You become calm as your anxiety is released
- You no longer doubt yourself or your decisions
- You feel lightheaded
- Your energy levels fluctuate from high to low.

The changes in your body will not last long and the more your chakra opens, the less you will experience these signs.

Benefits of a Balanced Navel Chakra

When your Navel Chakra is flowing freely, you become spontaneous, free, self-confident, and energetic. You experience happiness in being one with the universe and knowing you belong there, there is no room for rage, anger, too much vanity, resentment and bitterness that can block the energy of the Navel Chakra. Self-esteem, willpower and personal power are traits that relates closely to your Navel Chakra. The energy vibrations from these traits helps you set personal boundaries at the same time maintaining a sense of integrity and honor. Other benefits of the Navel Chakra include:

- Improved metabolism and digestion
- Understanding and connecting with your power
- Improved energy and stamina without going too excessive
- Assertiveness and will power
- Setting healthy boundaries

The Navel Chakra is the core of your self-identity that allows you to discover who you are and develop your full potential. It empowers your emotions, actions and thoughts, thus giving you the willpower and self-confidence to make decisions and change your thoughts into action.

Healing Remedies for Navel or Solar Plexus Chakra

The flow of energy in your third chakra fluctuates constantly so to restore harmony and balance requires daily monitoring and activity. There are many ways to do this but not every method will work for you. You can do meditation, use essences and oils, affirmations and the two most popular method of using healing crystals and yoga. Whichever you choose, listen to

what your body is telling you. Find a way or method that makes you feel comfortable.

Healing Crystals / Gemstones

Crystal healing is one of the most popular method of cleansing or balancing chakras. This is probably due to the abundance of natural and humanmade crystals. Here are top five crystals that can awaken the Navel or Solar Plexus Chakra:

1. Citrine

Citrine are native in Brazil, Russia, US and Madagascar. Its name derived from the Latin word “citrina”, which means yellow and the color of this stone. The stone can help wearer balance their emotions, boost optimism, receive inner peace, joy, individuality, helps blood circulation, confront fears and balances hormones. Its cosmic energy can help ground negative energy, cleanse and regenerate the body. Works best when worn against the skin like bracelet or necklace. Linked to the constellations Aries, Leo, Gemini, Libra and the sun.

2. Amber

The cosmic energy vibrations from this stone is believed to absorbs and alters negative energies, cleanses and heals, and defends against psychic energy drain. Amber is from fossils of tree saps and harnessed the energies of the earth and the sun, which can ignite the fire of the Manipura Chakra. Amber can be found mostly in Russia but also available in UK, Germany, Poland, Dominican Republic and Sweden. Amber can bring warmth, helps depression, brings peace, helps joints, improve memory and can serve as a natural antibiotic. Amber is associated with constellations of Leo, Aquarius and the sun.

3. Yellow Jasper

Yellow Jasper is common worldwide. Its cosmic energy can clear negative emotions like regret and guilt; balances the yin and the yang, combine all energies from all planes, aids in spiritual works and helps in recalling dreams. The stone balances the Manipura by aiding in your

digestion, relieving pain, brings you courage and determination, reduces your stress and aids in finding solutions to your problems. It is associated with the star constellation Leo.

4. Yellow Tourmaline

The yellow tourmaline is one of the rarest among all tourmaline colors. Places where it is common are the countries of Brazil and Africa. Still, you can also find it in Afghanistan, Sri Lanka, Pakistan and North America. Tourmaline has pyroelectric property; this means the stone can produce electrical current particularly when rubbed or heated. Its cosmic energy vibrations can bring balance, increase personal power, removes blockages, purifies dense energies, and opens you to spiritual journey. The Solar Plexus chakra benefits from its healing energies through detoxification, helps you overcome paranoia, improves hand and eye coordination, aids you against dyslexia, balances the brain and lets you tap its fairy, earth and elemental energies. Its star constellation is Leo.

5. Sunstone

Sunstone comes from the molten lava discharged by a volcano. When the lava breaks, it releases sunstone crystals. Sunstones are common in Canada, China, Australia, India, Mexico, Congo, Russia, Norway and the US. The metaphysical properties of this stone include – improved intuition, self-nurturing, connects to the power of the sun and associated with deities that can bring fortune and luck. It can bring balance to the Navel Chakra with its abilities to bring self-worth, wards off anxiety, help resist temptations, prevents feeling of fear against abandonment,

Chapter 6
Heart Chakra

In Sanskrit, the heart chakra is referred to as the “Anahata” chakra. In the body, it can be found in your chest area – where the heart is also located – and in the chakra system, it is situated right at the middle of the seven energy centers. The heart chakra plays a very essential role, as it connects the upper and lower chakras to bring together spiritual and physical energies. Love, connection, forgiveness, and compassion are directly related to the heart chakra. The colors that represent this power center are green and pink.

On a physical level, an open and balanced heart chakra will support healthy connections and relationships. On a spiritual level, the fourth chakra allows people to let go of any feelings of loneliness. It helps you to feel that you’re a part of something bigger and that you belong. This leads to having a sense of inner peace. Every person must strive to attain a balanced heart chakra because when we have this, we can forgive, trust, love, and feel compassion for others. People who have a clear Anahata chakra are non-judgmental and are more accepting of others. They can easily make friends and are close to nature. Due to the inner peace that they exude, their presence often gives a calming effect to other people. When it comes to physical health, a balanced heart chakra can result in a healthy respiratory and circulatory system.

The heart chakra is the center for inner peace and self-acceptance. The lesson that one should learn of the fourth energy center is forgiveness. When we repress bad memories, the heart chakra can become clogged. Child abuse victims and those that suffer from traumatic experiences can have physical ailments and carry emotional pain with them even after many years have passed. Separation, abandonment, divorce, and death are only a few of the experiences that can have a very strong effect on the emotional state of a person, and can even cause the person to develop illnesses. When a person is suffering from emotional pain, it can be very easy to hold on to anger simply. However, doing this will only cause the heart chakra to be blocked, and this leads to physical, emotional, mental, and spiritual ailments. Opening the heart chakra allows the release of all painful

memories, and allows us to forgive those who may have caused us pain in the past. Only then can inner peace and good health be achieved.

In some cases, the heart chakra can close or shut down, and that leads to the person's inability to love, trust, feel compassion, and accept others as well as himself or herself. With a closed heart chakra, you will have a hard time building connections, staying in a long-term relationship. You will have a sense of being alone even if you're already in a loving relationship, with others around you who care about you. On the other hand, an overactive heart chakra can make a person long for the approval of others to feel happy. An imbalance in the heart chakra on either side of the spectrum can lead to poor physical, emotional, mental, and spiritual health. Illnesses associated with a blocked or imbalanced heart chakra include: breast cancer, heart disease, respiratory illnesses, allergies, and depression.

Opening and Balancing Your Heart Chakra

To attain inner peace and enjoy meaningful and long-term relationships in life, the heart chakra must be open and balanced. The heart chakra is the center of unconditional love, honesty, empathy, and self-acceptance.

Opening your heart can be as simple as letting go of anger, resentment, envy, and jealousy. When you can forgive the people that have wronged you, you are on your way to having an open your heart chakra.

Here is an exercise to help you assess the condition of your heart chakra. Let's start by asking yourself these questions, and being brutally honest with yourself in answering each:

- "Is there anger in my heart right now?"
- "Am I harboring jealousy and envy in my heart?"
- "Is there someone that I need to forgive?"
- "Do I need to ask the forgiveness of someone?"
- "What emotional wounds do I have?"
- "Are my emotional wounds recovery or do I keep it going?"
- "Are there bad memories that I need to let go?"

After answering these questions as honestly as you can, you'll have a clearer picture of any unresolved feelings that you might be carrying in

your heart. And as soon as you acknowledge the existence of all these negative emotions, you can be on your way to reopening your heart chakra.

Every heart chakra has a lot to do with first loving yourself. People cannot have the experience of truly loving another person until they learn to love themselves. We've all heard that before, right? Well, that's because it's true. Being in touch with the fourth chakra requires determination and practice, so let the love start within yourself. Love yourself, and you'll soon be able to give unconditional love to others. Keep in mind that the love you give will find its way back to you.

Practical Ways to Open and Balance Your Heart Chakra

Love Yourself

Accept who you are. Love the person that you are. Don't compare yourself to others, or wish that you were another person. That attitude is very unhealthy, and can block your heart chakra. Instead, look at your positive and negative attributes, and accept them. Once you accept all of yourself, then you will be truly happy. Take care of your body, heart, mind, and spirit. When things don't go your way, don't be too hard on yourself. Accept your limitations and do the best you can to learn from your experiences.

Show Kindness All the Time

Some say that a random act of kindness is what every person should give. However, it is best to be kind all the time. Being kind is a conscious choice you can choose to make. Do everything with kindness in your heart. Choose to be kind. Remember that all acts of kindness are rewarded, and that whatever you give out there in the Universe, whether it is rudeness or kindness, will eventually find its way back to you.

Enjoy Nature

If you spend most of your time cooped up in your office or your home, perhaps it is time you put on those sneakers and go for a walk. Breathe in the fresh air, and open your ears to the sound of the wind and the birds. Use

this time to connect with nature, and enjoy the feeling of belonging and being a part of this universe.

Be Grateful

When people focus on the hurt and the pain, it can be hard to be grateful. However, once you start forgiving and letting go of bad memories, you can start seeing all the little things in your life that you should be thankful for. Also, reminding yourself to be grateful for all the good things will allow you to focus on the positive things in life, instead of holding onto anger or pain.

Contact Old Friends

Getting in touch with old friends is a good way to open a blocked heart chakra. There might be some unresolved issues out there between you and your friends, and this may be a good chance to resolve them. Also, you can benefit from reconnecting with people that truly care for you, and experience the happiness that comes along with that.

Be Around Small Children

Small children exude goodness, and don’t harbor any negative emotions like anger, envy, or jealousy. Being around children can open your eyes to innocence, giving without expecting, and the simple joys in life.

Surround Yourself in Green and Pink

If you have an office or a cubicle at work, place the colors of the heart chakra in it. You can also decorate your bedroom in either green or pink to help open your fourth chakra.

Get a Dog

Dogs are often associated to the topic of unconditional love. These gentle creatures are loyal to their masters. They will often demonstrate signs of unconditional love even if they are neglected. Unconditional love is one of the characteristics needed to have an open chakra.

Help Others

There are certainly numerous ways that you can do this. The easiest way would be to go to a homeless shelter and offer your services. Helping others opens a blocked heart chakra, because you will feel be able to feel empathy and selflessness when helping others in need.

Use Essential Oils That Fuel the Heart Chakra

Essential oils like jasmine, sandalwood, chamomile, and rose can help to open and balance the heart chakra. Scented candles in these scents can also be used in aromatherapy.

Connect with Family

Call your mom, talk to your dad, sister, brother, and other relatives. Being around the family can give a person positive and loving vibes. Family members generally support each other, and even when words aren't used, the unconditional love for each other exudes naturally from each family member.

Recreation

Don't allow yourself to look back at the painful memories and feel the pain again. Instead, find ways to entertain yourself like reading a book, watching a heartening movie, or hanging out with friends. Cheer yourself up.

Love Unconditionally

This can be very hard to do, but unconditional love is the best way to obtain a healthy heart chakra. Love without asking for anything in return. Love because you can give love and are capable of love. Love freely.

Throw Away Anger, Jealousy, and Hate

These emotions are very destructive, and harboring these in your heart can be a very unhealthy practice. It also creates a blockage in your heart chakra. So, chuck out these negative emotions, and enjoy an open and

balanced chakra. Also, if you want to realign and clear your heart chakra, you cannot claim to love some people and hate others. For the heart chakra to be fully open and balanced, one should be able to love fully and remove all negative feelings inside of them.

Practice Yoga (or at least try it if you haven't!)

Yoga is a great way to open and balance the fourth chakra. There are yoga poses that specifically target the chest area with the main goal of balancing the heart chakra.

Mediate

Meditation allows people to focus and channel their energies. It can also help a person to calm down and release any bad energy that has become trapped in their body.

Use Crystals and Gemstones

Crystals have been used for a long time to heal the body, heart, mind, and spirit. Wearing green and pink gemstones or crystals such as jade, peridot, emerald, rose quartz, pink diamonds, and malachite help balance the heart chakra.

Chapter 7
Throat Chakra

What Is the Throat Chakra?

Chakras are vortices of vitality that play a key role in maintaining the well-being and trustworthiness of your psychic body framework and interacting with the more remarkable vitality of the universe. The throat chakra is also known as the Sanskrit word ' vishuddha,' And it is one of the seven essential chakras that lie in a line extending from the base of the spine to the crown of the head.

Fifth Chakra Characteristics

The majority of the chakras are connected with specific hues, vigorous frequencies, regions of the body and different attributes. The chakra at the throat is connected with the shading blue, and with the general characteristics of self-expression, compelling correspondence, and the gathering of instinctive direction. As far as the physical body, this chakra is connected with the neck, mouth, hands, arms and the thyroid organ.

Throat chakra blockages may show as issues in these ranges of the body, and also correspondence issues with both others and your internal identity.

Recuperating the Throat Chakra

On the off chance that this chakra (or any chakra so far as that is concerned) gets to be imbalanced, it's imperative to deal with it, as one chakra that is twisted can have a thump on impact on alternate chakras, and also on your vitality framework in general.

One alternative for throat chakra mending is to visit a vitality healer, who may have the capacity to naturally sense and fortify the chakra once more into ideal working. On the other hand, this isn't a down to earth alternative for some individuals, and regardless it can be hard to discover a suitably experienced individual who truly recognizes what they're doing.

Additionally, no one else will be as tuned in to your chakra and vitality body as you seem to be, so you may think that it’s ideal to tune your throat chakra at home. Different chakra tuning procedures are accessible, for example, utilizing precious stones and shading mending. Be that as it may, most likely the least complex technique is to utilize a chakra adjusting brainwave entrainment recording.

A decent recording of this sort contains hints of particular frequencies which have been exceptionally decided to fortify the chakra being referred to, and to bring it once again into offset. You likewise don't should be an accomplished meditator to utilize brainwave entrainment, as the recording itself will help to control your mind into a profoundly casual and centered state. This makes it simpler for those of us with 'monkey minds' to procure the advantages of contemplation without investing years preparing.

At the point when utilizing a reflection recording for your throat chakra, it would ordinarily be advantageous to listen frequently until you get the outcomes you are searching for, and afterward to return to the recording occasionally, to give your chakras a tune-up as required.

At the point when utilizing brainwave entrainment for throat chakra rebalancing, it's vital to utilize a decent quality recording. You may need to look at the individual 'Throat Chakra' recording from The Unexplainable Store, which can be found in the 'Chakra Tuning' segment on the left-hand menu.

The Throat Chakra with Crystal Stones

Figure out How to Use Quartz Crystal Singing Bowls to Balance the Throat Chakra

Keeping a very much adjusted and sound chakra framework is pivotal for our profound and enthusiastic prosperity. The soundness of the whole framework relies on upon the working of its parts, so it is critical to make the fundamental strides, including reflection, perception, and utilizing devices like quartz precious stone singing dishes, to verify that each one of the chakras gets it claim one of a kind needs met.

When you are done with this contemplation, you may quit playing your gem singing dish and after that strike it three times to flag the end of your throat chakra reflection.

Bringing this mindfulness can imply that we can try different things with distinctive methods for correspondence that may provoke us - setting out to stand up on account of the insufficiency, and perhaps saying less or being less stubborn on account of the overabundance. On account of recuperating the inadequacy, it is truly regular for individuals to go the other path at first - and very nearly be excessively strong or too coordinate.

I have found I have an in number and intense singing voice, furthermore now effectively appreciate both singing and talking before gatherings of individuals. Alongside this, the feeling of not "being listened" (to a great degree agonizing) has likewise retreated - it appears that individuals hear me out now when I talk - as an aftereffect of the way my correspondence has changed through recuperating my throat chakra.

The throat chakra can likewise be adjusted by the chakra contemplations I have expounded on some time recently, especially the chakra conditioning reflection. The shading of the adjusted throat chakra is blue, and the sound is "AY."

Along these lines, that is the end of the investigation of the throat chakra - we will proceed onward beside the region of the third eye chakra.

The fifth chakra is situated at the base of the neck in the throat and is in this way known as the throat chakra. In antiquated Sanskrit, it is portrayed as the blue Vishuddha mandala which interprets as "virtue." Its component is ether and is symbolized by the individual. Its impacts incorporate correspondence, envisioning, masterful expression, self-conviction, learning, understanding, truth, equity, claircognizance, and clairaudience. In the physical body, the throat chakra influences the mouth, teeth, throat, thyroid organ, and the endocrine framework.

If the throat chakra is imbalanced, the physical body can contract incessant throat soreness, ear contaminations or throbs, constant colds and sinus issues, hypothyroid or hyperthyroid ailment, ceaseless weakness, and sadness. On the off chance that this vitality spilling out of this chakra is obstructed, our capacity to convey our thoughts and emotions will be

restrained or bended. Individuals will misconstrue us or we will humiliate ourselves by talking a lot about subjects we know next to know about. We will tend to have "foot in mouth sickness," and be seen as raunchy, undiplomatic, and inconsiderate in the way we impart to others. Individuals may observe us to be overcritical, irritable, and hostile.

At the point when the throat chakra is adjusted, in any case, our relational abilities are enormously upgraded and refined. We are seen as savvy, proficient, diligent and somebody who "hear what they're saying." We get to be self-instructed, engrossing each method for data that we can on issues that we talk about, and comprehend that on the off chance that we haven't gotten our work done around a specific subject, we keep our huge mouth's closed.

At the point when the vitality is streaming easily, this chakra permits us to contemplate profoundly and get correspondence (perceptibly) from the higher planes. We get to be channels and programmed journalists. They can get capable of being heard messages from the other side for the advantage of humanity. Claircognizance, the higher feeling of intuiting learning, is a property amongst individuals who have exceptionally solid throat chakras. They just "know" things to be valid with no earlier investigation of it.

How to Unlock The Throat Chakra

You may not be mindful of it but rather we all have a vitality field which emanates through our body and is separated into particular territories. The significant vitality focuses, and most usually known, are the 7 chakras. By opening these 7 vitality focuses you will bring more bliss, imagination and delight into your life.

This electromagnetic vitality field, additionally called an atmosphere, is invisible to the untrained exposed eye. Even though you might not have seen it, you would have felt it sooner or later. Case in point, have you invested energy with somebody who had a negative standpoint? This individual controlled the discussion and it was for the most part about every one of the things that weren't right in their life at the time. Toward the end of the visit your companion will thank you and say they feel vastly improved having conversed with you and you return away feeling depleted.

The reason they feel better is on account of they have topped up their vitality field and truly depleted yours. By turning into a Reiki Master, you will have the capacity to bridle the intense vitality of your 7 vitality focuses and keep this sort of depleting.

The 7 vitality focuses running along the spine are:

- First chakra - found simply under the tail bone
- Second chakra - sits between the pelvic bones at the base of the spine
- Third chakra - behind your navel
- Fourth chakra - alongside your heart
- Fifth chakra - behind your throat
- Sixth chakra - amidst the cerebrum
- Seventh chakra - simply over the crown of the head

Each of these chakras is related and control specific anatomical territories of our body.

When we consider reiki, we consider soul vitality and profound mending however it is a great deal more. Use reiki to unblock and empower your chakras viably and also numerous different uses, for example, discovering you're genuine reason or mending past injuries.

Once your chakras are opened and your crucial vitality is restored, life tackles another importance. You turn into a more energetic and cherishing individual who appreciates life and this reflects in your day by day activities, which thus thinks about everyone around you.

You have such a great amount to pick up by learning reiki for yourself as well as for your friends and family also. You may be imagining that you don't have sufficient energy yet you do. It is similar to everything else, you need to set aside a few minutes and the uplifting news is that it is fast and simple to learn.

The throat chakra, the fifth chakra, alluded to as Vishudda in Ancient Sanscrit is situated in the focal point of the throat. Pretty much as with alternate chakras, the vitality streams out of the front of the body and out of the back too, so a vortex is framed under the button and a littler one at the back of the neck.

This chakra is joined with all types of expression, correspondence and discourse. The throat chakra assists are with one’s capacity to speak with that which is inside yourself. They will help all interchanges with others to be concordant. It can likewise help you be more innovative when all is said in done however particularly with your words.

At the point when the throat chakra is transparent then it can be anything but difficult to talk and correspondence with others turns into a joy. On the off chance that this chakra is blocked however then the kind of issues that could emerge would be identified with the throat, the neck and the shoulders.

The throat chakra will react well to the shading Turquoise. The component for this chakra is Ether and its metal is mercury. It is nothing unexpected that the stone for this chakra is turquoise. The jewel turquoise is a blend of hues. It contains soul of the sky speaking to the sky furthermore the green of the grass speaking to the earth. This joins the otherworldly with the natural with this guideline being the ticket behind the chakra itself. This stone can help you to express your thoughts, to share your profound information and to mix this learning with your material life.

On the off chance that this chakra is open, adjusted and pivoting as it ought to then the mental perspectives that show up can be advancement of ability particularly in aesthetic territories and an increased feeling of most profound sense of being. With this chakra blocked however the mental viewpoints incorporate fixation, constraint of discourse, not saying what you have to say, innovative squares and a general powerlessness to convey what needs be.

Chapter 8
Third Eye Chakra

This chakra is located in the forehead in the gap between two eyes, and is thus named after it. This chakra has to do with creativity and intuition. It's the ability to look deeply into the matter and make the right decisions.

You must aim to focus on a single stage, and let the light come out of the top. Doing this exercise will help to improve the flow of energy in the chakra and aid in decision - making. It can also encourage the art of sixth sense.

Crown Chakra

It's positioned at the top of the head and it's one of the highest positions. This is about meditation and being able to control the emotions and energies of the rest of the mind. This chakra is the knowledge that we are all kinds of energy.

To maximize healing effects, you should try to imagine a white ball of raw energy and let the ball consume all parts of you. The flow of positive energy is likely to give you the ability to connect with the spiritual self, and may contribute to divinity which peace.

These are the seven vital points of life, therefore, and they are energy vessels. It is the positive energy balance that will allow you to be at peace with the inner mind.. When all the chakras are balanced, you will be able to get rid of different type of illness and troubles. So, understanding the working and location of the chakras will help to streamline the flow of thought and energy.

Chakra healing is one of the most beautiful forms of keeping your thoughts and ideas in tandem with the universe.

The sense organ Chakra - Healing the Brow Chakra

The sense organ - or brow - chakra is found within the forehead space between the eyes. In this book, we'll take a look at some of the main

characteristics of this chakra, as well as what you can do if it should get out of balance.

What Is the Third Eye Chakra?

Chakras square measure vortices of energy that square measure set within the etheric or refined body. The chakras play an essential role in transmuting energy from the broader universe into a form that our minds and organizations can use, as well as keeping our energetic personal systems in balance. There are seven main chakras, of which the third eye is the sixth. In traditional Sanskrit terminology, it is also called 'Ajna' chakra.

Characteristics of The Brow Chakra

Each chakra is joined with a specific color, and in this case, it is the color indigo. The brow chakra is strongly associated with the intuition. When it is in proper balance, you will benefit from a clear flow of inner wisdom and insight. It is conjointly joined with the health of the top space, including the eyes, ears and nose.

Keeping the Sixth Chakra in Balance

The chakras will become unbalanced as a result of numerous factors, including the stressful lifestyles that so many people lead nowadays. Such imbalances can manifest in a variety of ways. In the case of the sense organ chakra, you may experience symptoms such as problems with the head, eyes, ears, etc., as well as a sense of confusion, mental preoccupation and learning problems.

As with the other chakras, the use of crystals can be beneficial in restoring balance. For the brow chakra, the use of blue color gemstones such as sodalite or lapis lazuli may be helpful.

Also, meditation is among the most potent ways of rebalancing the sixth chakra, mainly if you use a brainwave entrainment recording that is designed for the purpose. In case you're not familiar with it, brainwave entrainment involves listening to sounds of specific frequencies, with the rates in question depending on what the recording is designed to achieve.

A brainwave recording that is meant for chakra work ought to contain frequencies that square measure related to the healthy functioning of the chakras in question. Via exposure to such a record, the chakras can naturally realign with relatively little effort on your part. This is great for people who haven't trained meditators, and who may find traditional guided meditation techniques challenging to stay focused on.

If you decide to take advantage of brainwave training for chakra balancing, make sure you use a high - quality recording specifically designed for this purpose, or you may not get the results you're looking. Perhaps you like the' Chakra ' records from The Unexplainable Store, as they have a reputation for quality and all the tapes are fully guaranteed. You can get a recording that focuses specifically on the third eye, as well as others which are designed to balance the chakra system as a whole.

Chapter 9
The Crown Chakra

Each time we investigate one part of vivacious deep sense of being we find a sidebar that on occasion, is more uncovering than the first theme.

In a late investigation of the crown, or seventh, chakra, it was intriguing to note that every individual in participation had an alternate picture on what the crown chakra does and what it would appear that. Some trusted it ought to be purple while others thought white was the "best" shading.

Others felt it was the "most elevated" chakra and some, trusted it was the spirit's pathway to the soul world and God.

When I asked whether the crown chakra touched the physical piece of their head, 66% trusted it didn't. To put it plainly, no two individuals had the same picture concerning their seventh chakra.

Shockingly, nobody thought the seventh chakra put away data. The Berkeley Psychic Institute's photo to understudies is that the crown chakra is the place their insight (known as their knowingness) exists. In a perfect world you are responsible for your crown. One great approach to test this is to perceive how simple or hard it is to set your crown chakra to a certain vitality recurrence.

Being aware of one's crown chakra is one of those otherworldly methods best utilized when you have lost your space. Deciding to put your consideration on the highest point of your head and setting your crown to a particular shading vibration consequently helps you discover your space. Feeling a touch spacey or overpowered? Simply set your crown chakra.

What does it feel like to do this? We should give it attempt. Regardless of where you are or what you are doing, stop and pause a minute. Begin by shutting your eyes and taking a breath. Envision in your brain, the highest point of your head and have it swing to a particular shading. For this activity at this moment, we should utilize a brilliant spring green.

Next, you can make a mental picture rose out before your crown chakra and blast it. On the off chance that your crown has some major snags

coming to a certain shading, blast roses to move out the vitality that may be obstructing turning your event chakra to the shading you fancy. This is a vitality changing intervention strategy taught a to me at the Berkeley Psychic Institute.

As we discovered while doing this vitality work, it didn't make a difference so much what your photo of the crown chakra was or how you trusted it functioned. What mattered was the mindfulness that it was a vitality space that can be changed and in a perfect world can be set with aim. Owning your seventh chakra, paying little respect to your photos about it, is an extremely noteworthy stride in finding your image of deep sense of being. Feeling enabled to be the Master of your Universe is a prize without a doubt.

The crown chakra, one of the seven vitality focuses of the body, it is a definitive association with the higher self and most profound sense of being. Difficulty regularly joins any awkwardness or blockage of one of the seven vitality focuses and distinguishing the indications is advantageous to anybody suspecting such an issue. When this is recognized there are a few stages one can take to help beat a blockage or unevenness.

The Crown Chakra with Crystal Stones

There are clear signs of an imbalanced crown chakra, including sadness, a frail safe framework, mental issue, endless weariness, absence of profound mindfulness and association and a dozing issue. Parity can bring about numerous advantages as you can attentively associate with your higher self. This connection consistently follows a deeper feeling of rapture from within, and you begin understanding the magnificence and marvel of the individuals and things around you.

The shade of the Crown Chakra is purple. A helpful suggestion to adapt is to picture yourself skimming in an infinite universe with the purple hue growing out of your fingertips. Inhale in and exhale out with regular pauses, imagine that the purple ball is getting brighter and bigger. Imagining the purple hue for five to eight minutes will help to achieve parity. While doing this, reasonable a wide range of contemplations in your mind, get ready To get some kind of otherworldly vitality. Better still, you may use Crown Chakra Vitality 's back massage to restore deep Spirited equalization of

your life. This back-rub vitality involves lying on the back then moving both hands in a roundabout motion to stimulate the hand chakras. It is highly wise to participate purple wear while performing this vitality rub.

Fragrance based treatment is a prestigious technique for adjusting this vitality focus and there are particular and vital oils, for example, jasmine, rosewood, shoe wood or frankincense are consolidated in the standard back rub sessions. These vital oils evacuate the negative strain in your brain and your home, mitigating you of any anxiety related issues. Better still, you may take a warm or hot fragrance shower, especially with lavender, rosewood or any decent scented key oils. On the off chance that you feel you have inclined exceedingly towards purple, then orange is the ideal shading to adjust the crown chakra.

Numerous on occasions oft, contemplation is a definitive key to adjusting the crown chakra. Pondering twenty minutes a day can clear negative gab and things from your psyche, consequently adjust. Joining a yoga class can be a captivating alternative. On the other hand, scholarly incitement with or without blend of physical movement, for example, taking a careful walk, perusing a book, or simply rest in absolute hush is extremely useful. Unobtrusive changes, for example, setting white and purple blossoms in your home to make a peaceful environment. Saving some time to compare with the universe every day will help adjust your crown chakra as it will help you in reconnecting to heavenly power and unique awareness.

There are additionally vitality specialists and skilled psychics that can distinguish when there is a blockage in one of your chakras. This is useful in having the capacity to get the data that reverberates with that vitality focus to set up equalization and amicability. Double Meditation has been noted as a fruitful elusive strategy for adjusting and fitting your otherworldly life systems and Reiki Healing and other vitality work.

The crown chakra is exceedingly huge as it straightforwardly influences your perspective of life, the choices you make and how you interface with different people. Indeed, even the smallest sentiment tension and anxiety ought to caution you of your crown chakra's awkwardness, and you ought to wipe out this passionate irregularity with prompt exertion. There are dependably assorted qualities in any kind of equalization and some of

which are effectively revised with insignificant exertion. At the same time, different circumstances require more consideration and consideration. Talented & psychic vitality specialists, for example, Reiki experts are gifted in such recuperating. Adjusting your crown chakra is the way to carrying on with a more satisfied, reason filled life. Each chakra has its special arrangement of resounding hues, sounds, and even nourishments to help with adjusting and additionally manifestations to recognize potential irregularity.

How to Open the Crown Chakra

It is essential to keep your chakras open, adjusted and adjusted for your profound and enthusiastic wellbeing. Legitimate chakra arrangement can be accomplished with apparatuses like quartz gem singing dishes and a blend of perception and contemplation. Perused on to realize what the crown chakra does and how to transparent the crown chakra with quartz precious stone singing dishes.

Adjusted, you get a feeling of association with life, an attention to your higher reason, solid qualities and morals, and a certain trust and confidence in life. The individual will have an in number feeling of internal peace, a helpful bowed, and will appreciate working for the higher great of themselves and everybody around them. They feel they are living for a reason bigger than simply their self.

The note connected with the crown eye chakra is B and its shading is violet. For the quartz gem singing dish contemplation, it is imperative to have one that is particularly an E note precious stone singing dish for this reflection to work, after each chakra has its uncommon vibration. It is not successful substitute distinctive notes for the same chakra.

To start, put aside a couple of minutes when you will be continuous and make yourself as agreeable as could reasonably be expected. You can be situated or setting down - it is totally up to you. Strike your singing bowl three times to flag the start of your reflection. At that point run the striker around the edge and begin playing the dish, verifying that the sounds develop into a consistent, unadulterated even tone. Moderate your breathing down to a resolute, even pace, making a point to inhale profoundly and completely.

As you breathe in, feel yourself relinquishing every one of your stresses and being casual on the breathe out. Envision your crown chakra opening and a splendid light entering your body through the crown chakra and spilling down through whatever is left of your body. Feel yourself encountering a perfect happiness and delight as this light washes through you. Delay for thirty seconds, and afterward envision another stream of light entering you. Rehash this procedure for a couple of minutes, halting if you feel muddled or encounter some other sort of inconvenience.

You can likewise rehash attestations to yourself amid or after this contemplation. Some crown chakra related certifications are:

- I am incredibly secured and guided.
- I am sheltered and all life cherishes and bolsters me now.
- I trust totally in Spirit to reveal to me my next step.
- I am unified with Spirit and every single living thing.

With practice and industrious exertion, utilizing these strategies with your quartz precious stone singing dish will make certain to give you an open, streaming crown chakra and the majority of its positive otherworldly gifts.

Karma Dorje has been an ardent understudy of most profound sense of being and mysticism for her whole life appreciates imparting her insight to others.

The Crown Chakra Meditation

The crown chakra is our seventh chakra in the kundalini framework. This chakra is put at the highest point of our head. It is our association with the Divine, our Higher Self and our instinct. It is accordingly the most otherworldly joined chakra we have, contrasted with the root, which is generally joined with the earth and nature. The shading that is joined with this region is either purple or a splendid white light.

Crown chakra contemplation can help you reconnect with your Higher Self and have the capacity to get direction and thoughts from a more otherworldly side of you're being.

Turn off every single electronic device and locate a tranquil place and time with truly no exasperating components. Sit in a manner that is agreeable for you. Perhaps you need to sit in the lotus stance, however if you are not that adaptable, you may need to do the Seize stance rather which is a stooping position and can in this way be a great deal more agreeable than needing to sit with folded legs. You can likewise help a few candles to set the inclination and make you more centered around your reflection.

Close your eyes and direct your center to your crown chakra territory at the highest point of your head. Take a full breath, and envision that the breathing in air is entering your body through your crown.

Picture it as a brilliant light emission descending from your Higher Self above you and enter your chakra. Feel the vitality of the light. Take in this gleaming light and aide the light down into your body filling all aspects of you.

Chapter 10
Meditations for Root Chakra

The first chakra point is the root chakra, also referred to as the Muladhara, which comes from the word 'Mula' meaning root and 'Dhara' meaning support or base. The root chakra provides a sense of emotional security and safety. It connects your energies with the earth, enabling you to feel at ease when it comes to your day-to-day survival things in your life, such as money, food, and shelter. The color this chakra is associated with is red, which represents power, strength, love, and desire. It is located at the coccyx, which is where the tailbone of the spine is. When your root chakra is balanced, you feel at peace with your life and your experience with the earth. You will become calm in situations that relate to your survival requirements.

However, if your chakra is imbalanced, you will often find yourself feeling stressed and anxious because fear is associated with the need to survive. It makes you feel alive but not in a right way. It will create a threat inside your mind when there is none, as well as feelings of insecurity, greed, impatience, anger, and short temper, which are your emotionally-related responses. Physically, you might start to have digestion problems, hip pain, bladder problems, lower back issues, and fatigue.

In order to balance your chakra and restore your body to its previous state, a simple change of diet can strongly influence your body and the root chakra. If you are eating a lot of unhealthy things, then change your diet to consuming healthy food. Not only is it beneficial to your root chakra, but it also helps prevent any diseases and keeps your body healthy and clear of any toxins. Specific red foods such as strawberries, tomatoes, red peppers, can help open the root chakra. Exercising or doing yoga can also help unblock the chakra point. Walking barefoot can help you connect to the earth more, in order to feel more grounded. Meditation is known to be the most effective way to open any chakra points, and below are some tips and tricks to meditate correctly for this specific chakra.

Guided Meditation for The Root Chakra

The first thing you should do is get comfortable: sit down with your legs crossed, your spine and shoulders straight and tall. Rest your hands on your knees, with the palms facing up, or you can do the mudra hand position by resting your hand on your knees, palms facing up, and fingers formed into a circle (much like the 'okay' hand gesture).

Take a few minutes to relax your muscles and body, focusing your attention on your breathing as you inhale and exhale. Don't listen to your thoughts or the mental clutter that is going on inside your head. Focus on yourself and nothing else. Don't think about the work you have to do or what you are going to have for dinner because that will completely throw off your concentration. Take a moment to bring your focus to different parts of your body. Relax your face, arms, and belly. Feel the tingling sensations as you let your body go numb. Gradually bring your attention back to your breath. Notice how your chest rises and falls every time you inhale or exhale. Allow your eyes to lightly close, as if you are falling asleep.

Start to breathe slowly and deeply and try to maintain a smooth breathing pattern. When you take a deep breath in, notice how the air travels down into your lower belly and then back up through your nose as you exhale. Deeply breathe in and out a few times before bringing your awareness to the location of the root chakra, the base of your spine where your tailbone is.

Inhale and contract the muscles between the pubic bone and the tailbone, engaging the Mula Bandha. You are drawing the perineum towards the root chakra. Bring your attention to how the Mula Bandha feels as you breathe flows in and your muscles contract. Hold your breath for one to two seconds before releasing the Mula Bandha and relaxing your muscles. Repeat again by tightening and contracting the muscles once again; feel how your spine becomes taller, pulling you up while pushing your legs and feet down. Let go after a few seconds and let your muscles relax again. Repeat for three to five minutes, or however long you seem fit. If you are comfortable with this muscle contraction, then try to increase it as you go along with the remainder of the meditation.

Return to breathing slowly but deeply, and visualize a red light emerging from your tailbone without performing the Mula Bandha. The glow is expanding, making you feel warm and relaxed. Feel the root chakra, feel

any sensations, warmth, or tingling in the tailbone area. Gently rest in the sensations for a few minutes as you breathe in deeply.

Slowly open your eyes, let them adjust to the light around you as you blink a few times. Stay in that moment and look back at how this meditation made you feel before proceeding with your day.

Saying affirmations is also very beneficial to heal your root chakra. You can repeat them as many times as you want, out loud or in your head. It doesn't matter what time during the day you say these, but it is more effective before or after meditation, or right when you wake up and begin to get ready for the day ahead of you. Below are some affirmations that can heal your chakra and provide you with a sense of security in life, no matter how true you think they are at this moment. You are saying them so that they become real.

"I am in touch with the earth and the universe."

"I am always safe and happy."

"I love myself and my body."

"My future is financially secure, and I have nothing to worry about."

"I am healthy, physically, and emotionally."

When you are experiencing an open root chakra, you may feel some heat within your body, especially at the bottom of your spine. Your body will feel grounded and connected with the earth, and your feet might become more sensitive. You will start to feel at ease with things that used to make you anxious. Awakening your chakra point requires you to let go of the negative feelings, things that stress you out like money, or any insecurities that you might have. It might seem hard, but once you get the hang of it and taste life without worry, you will become pleased.

1. Make sure to set aside enough time for proper meditation. It can be hard to carve out the time in your day for something that might not seem important, but to achieve balance in each of your chakras, you must have focus. Thirty minutes to an hour is the ideal length of time for the meditation you'll be practicing.

2. Find the place that you want to meditate at. Ideally, this should be somewhere calm, peaceful, and quiet. You don't want to be disturbed by other people while you're in the midst of meditating. You also want to be able to sit comfortably for a relatively long period of time. You also may want to go somewhere that is associated with the element of the chakra you're focusing on; in this case, that would mean going outside to somewhere rocky or mountainous.

3. For help in guiding your thoughts toward this chakra, you can use a number of different meditation aids. Stones are a classic example of this; the energy within the stone helps you focus on, activate, and cleanse the energy within your chakra. For the Root Chakra, stones you could use are red carnelian to cleanse and activate, red jasper to cleanse and balance, bloodstone to cleanse and balance, black tourmaline to cleanse and balance, and obsidian to cleanse and balance.

4. In order to see the best results from these stones, you should place them close to the affected chakra. In this case, you'll want to place them near your pelvis. They can also be effectively placed around your home or office, carried on your person, or worn as jewelry.

5. Other meditation aids that may help include scents and foods. Aromatherapy is useful for meditation by providing a scent aid for you to focus your mind. For the Root Chakra, pleasant scents are flowering, earth-scented oils, including sandalwood, patchouli, myrrh, ylang-ylang, and rosemary.

6. Certain foods are also effective at chakra healing and can be incorporated into your meditation routine. These include beans, soy, meat, tofu, rainbow chard, eggs, parsnips, and beets.

7. Once you have your meditation aids set up, it's time to engage in the process of meditation. To do so, sit comfortably on the floor and fold your legs in front of you, with a cushion or otherwise. Make sure to sit up straight and let your arms hang loose.

8. You'll want to first start out by clearing your mind of everything, especially negative emotions. You need to be able to devote all your focus to this chakra.

9. Then, visualize the chakra in its location. For the Root Chakra, you'll want to visualize a ball of red light at the base of the spine, spinning downward. Focus on controlling the energy within this chakra.

10. To help you focus, each chakra has its own mantra to repeat during meditation. For the Root Chakra, this is "LAM."

11. It's essential to repeat affirmations to yourself for each chakra. For the Root Chakra, say, "I'm connected to the Earth; I'm stable and strong."

12. With practice, and using these methods, you'll soon be able to balance and regulate your Root Chakra effectively.

Meditating for the Root Chakra: "Lam"

There are many problems that can be caused by a root chakra that becomes overflowing. It may cause a person to become very materialistic or promiscuous. It may also lead to insecurities and irrational fears. In order to keep the root chakra well-maintained, balancing it by walking or jogging every morning, or getting some regular exercise to keep the body healthy will do the trick. Keeping the body relaxed and with good posture is also helpful. When about to meditate, keep one's feet at shoulder-width apart and bend slightly, with the lower body thrust slightly forward, and hold this position for a short while. After a few minutes, the body becomes ready to meditate, and you can simply sit down cross-legged, with the hands resting on the knees. The hands may be open or with the thumb and index finger pinched together, whichever position is more relaxing and will enable you to focus. Once fully ready, begin to imagine the chakra at your tailbone, and relax. You may wish to use the previously mentioned tips, visualizing a blossoming flower to represent the root chakra. Keep the image in your head while breathing slowly and deeply until you begin to feel refreshed. The root chakra is of the earth element and is characterized by the color red. Wearing specific stones, such as jasper or a garnet, may help balance your

root chakra. The chant for the root chakra is pronounced as “Lahm”, and make sure that if used, the muscles are as relaxed as possible while exhaling.

Chapter 11
Heal Your Mind and Your Body With the Chakra

The act of balancing your chakras means establishing a consistent flow of energy. It also includes regulating excessive energy and correcting a displaced alignment of energies. In order to successfully balance your chakras, it is necessary to acknowledge that each chakra functions as a part of a whole. When you balance your chakras, you'll need to pay attention not only to a singular chakra but to its neighboring centers as well. The following are some of the practices that are commonly observed in order to synchronize the chakras.

- Energy Healing (Hands On Healing)
- Chakra Meditation
- Chakra Exercises
- Breath Work (Pranayama)
- Holistic Therapy/ Alternative Medicine
- Reiki
- Panic Healing
- Craniosacral Therapy
- Perform Chakra Meditation.

The primary purpose of chakra meditation is to enable you to slow your own physical vibrations down. When your chakras are wide open, this renders them vulnerable to different external vibrational patterns. These vibrations tend to attract slow frequency forces, which can have a reducing effect on your energy when allowed to linger in your personal sphere. As a result, your body organs as well as your chakras experience undue pressure. Therefore, you'll need to find a way to slow down your physical vibration and allow it to ease into a natural frequency.

- Slow your frequency by assuming a comfortable sitting position. Make sure that your weight is balanced in the center and that your back is aligned correctly. By doing so, you are correcting the alignment of your chakras and thus, facilitating the proper flow of energy.

- The next step would be to concentrate on your breathing. Practice deep breathing and focus your attention on the air moving in and out of your body. Imagine the air traveling down toward your base chakra with each inhalation.

- Next, envision the energy as a white liquid light pouring itself from your crown chakra down to your base chakra. Take your time as you visualize the luminous liquid gradually passing through each of the different chakras. As you continue to see this in your mind's eye, you will eventually experience a feeling of warmth spreading within your center chakra.

- Afterwards, you need to ground yourself. Perform grounding by picturing yourself sprouting roots that will connect you with the earth. Imagine the earth’s life force traveling through those roots—reaching you, filling you, nourishing you. Envision the earth sustaining you with its infinite life and unconditional love so that you may grow and thrive like a flower in bloom.

- Exercise your Chakras.

- Exercise your Crown chakra by meditating. You may also exercise this chakra through prayer.

- Meanwhile, build your Brow chakra through lucid dreaming. You may also sustain this chakra by performing visualization exercises.

- Strengthen your Throat chakra by practicing your vocal chords. You can do anything from singing to screaming from the top of your lungs.

- You may exercise your Heart chakra by performing fitness workouts that can increase the heart rate. Hugs help too. Fortify this chakra by embracing a loved one or by embracing yourself.

- You can keep your Solar Plexus chakra secure by dancing. Alternatively, you can exercise with hula hoops.

- To exercise your Sacral chakra, perform pelvic thrusts combined with circular pelvic movements.

- The Base chakra can be exercised by doing good old squats. Or you may choose to stomp your feet energetically simply.

- Feed your chakras.

- Did you know that by eating certain types of food, you can help boost the energy in any particular chakra?

- In order to feed your Root chakra, eat foods that will aid in grounding. This includes root vegetables like potatoes, radishes, and carrots. Garlic and onions are also recommended. The same goes with spices like pepper, horseradish, and hot paprika. Fill your plate with high-protein foods like meat, eggs, and beans. Soy-based food items are useful as well.

- To nourish your Sacral chakra, consume food items that can support your centers for sexuality and creativity. This includes sweet fruits like strawberries, melons, and mangoes. Honey is also recommended. The same goes for nuts like almonds. Also, add more cinnamon, sweet paprika, and vanilla into your cooking.

- Foods that fortify the Solar Plexus chakra are those that help boost your self-esteem and promote self-love. These include grains like bread, cereal, rice, and pasta. To feed this chakra, consume sufficient amounts of milk, cheese, and other dairy products. Spices that are best for the Solar Plexus chakra are peppermint, ginger, turmeric, and chamomile.

- For your Heart chakra, opt for food items that have the power to soothe emotional pains. These are leafy veggies like spinach and kale. You may also add more cabbage, celery, and cauliflower into your daily meals. Sip green tea. Incorporate basil, thyme, and parsley into your cooking.

- Foods that sustain your Throat chakra are tangy fruits like lemons and grapefruits. Other fruits that are good for this chakra include apples, apricots, and peaches. Drink more liquids in the form of fruit juices, herbal tea, or just plain old H20. Add some lemongrass into your dishes.

- For your Brow chakra, eat more blueberries, blackberries, and dark red grapes. Dark blue colored fruits in general are suitable for your brow chakra. Spices that help awaken your third eye include lavender and poppy seeds. Get into the habit of drinking a healthy dose of red wine or grape juice.

- Ironically, to keep your Crown chakra well fed, you may have to perform fasting and undergo periods of detoxification. Alternatively, you may choose to inhale or smoke frankincense, sage, myrrh, or juniper as incense or through a pipe.

Detoxify Your Surroundings.

A cluttered room can cause disorder in your chakras too. Minimize energy blockages by organizing your surroundings both at home and at work. Throw away the stuff that you no longer need, especially those that bring about negative memories. You may arrange the furniture in a room, whether it's at home or in the office, so as to facilitate the natural flow of energies through the space. Synthetic materials like plastics and electrical appliances can affect the energy in the atmosphere. While it may be impossible to eliminate these objects, you may make use of crystals to counteract the energies emitted by these items so that they will not affect your personal energy field.

Relax.

Everyone is exposed to the stressors encountered in daily life. These can take their toll on your chakras. So, take some time off and enjoy a nice warm bath or a treat yourself to a relaxing massage.

Make Use of Healing Crystals.

Unknown to most people, crystals are living beings that release their own energy. The vibrations that they emit can affect your internal vibrations. As a general rule, if you wish to activate a particular chakra, you need to make use of crystals that are of the same color as that chakra. You may refer to the previous part to find out which gemstones are recommended for each of the different chakras. You can benefit from the healing and energy-giving effects of these crystals by placing them beneath your pillow, incorporating them in your bath, or by simply arranging them in your room to alter the vibrations in that space.

Chapter 12
Self-Healing Techniques
For Anxiety, Panic Attacks and Pain

Meditating on your chakras can open paths to healing, insight, balance; it can even open your eyes to the psychic abilities that you already possess. Each one of them is a center for different kinds of physical, mental and spiritual energy. Each is unique in its function and in the way it connects with the others along the paths flowing with energy. It is through this system that the three levels of your existence, mind, body and spirit, are connected.

Health is more than just what doctors and pharmaceutical companies would have you believe. To properly heal and cure, the whole you need to be addressed. That means your body, your mind, your emotions, and your spirit all need tending. For most people in the Western World, this is news. Western medicine has taken a rather mechanical view of the body and disease. In the East, however, things are different. This energy flow has been familiar for centuries to the yogis the practitioners of Chinese medicine and other traditional Asian healers.

There are several ways to work with your chakras, but the primary way to do it is through meditation. In this way, you will, first and foremost, be able to heal and open your chakras. Remember, like your life's blood, you want the energy coursing through you to reach every part of you, and the only way it can do that is if the chakras are open and healthy. Once they are, you can use them to heal yourself in mind and body, so that's where we're going to start.

Removing the Blockages: Opening Your Chakras

Beginning with the Root, we are going to work our way up toward the crown. There is a set path to develop your chakras, with each building on the last. Use the relaxation technique described earlier and, when you are ready, begin.

The Root Chakra

When the Root Chakra is open, you will enjoy feelings of authenticity and safety that permit you to take some risks that line-up with the person you really are, and the goals you have for your life. On the other hand, the symptoms of blockage include feelings of uncertainty regarding safety, difficulties with trust, fear-based decision-making, and a feeling that it is somehow unsafe to be you. You might also feel anxiety, suffer from allergies or even an autoimmune disease of some sort.

Open the Root Chakra

This can be a walking meditation that you can do outside, or a seated one using visualization techniques. Either one will help you with the type of grounding that is necessary to open your Root Chakra.

Walking Meditation. This is done barefoot. You can do it on a lawn, at the beach, in a field, even in the woods. Wherever you feel most comfortable. As you walk, be mindful of the feeling in your feet, the way the ground feels. Lose yourself in that feeling as you become one with the earth.

Visualization Meditation. Sitting comfortably, begin your visualization exercise. Imagine that roots are growing from the base of your spine. See them, feel them grow and dig into the floor beneath you, and from there down into the ground, through the dirt and the clay. Feel these roots cracking through the bedrock and pushing farther into the Earth. Feel the heat of the Earth radiating up through the roots and warming you through the Root Chakra.

As you practice, you will find that you are more and more grounded, more confident of yourself. You will feel safer and bolder, readier and more willing to live your life on your own terms. When you experience that, you will know that your Root Chakra is opened.

The Sacral Chakra

When your Sacral Chakra is open, you will be able to experience emotions without reacting to them, and they won’t be able to drive your behavior. You are self-aware and capable of dealing with uncomfortable situations. When this chakra is blocked, you will experience things like

sexual dysfunction, pain in the pelvic region and urinary tract infections. Emotionally, you are likely to indulge in denial, your emotions will be skewed one way or the other, and you will exhibit the traits of a compulsive people pleaser.

Open the Sacral Chakra

Sacral chakra meditations tend to be sitting meditations that involve a strong visualization component. Begin by sitting in your preferred meditation posture and place. Perform your relaxation exercises and then begin with ten, slow, deep breaths.

When you are ready, close your eyes and visualize an orange globe at the location of your Sacral Chakra. Once you have the globe firmly in your mind, watch as the light ripples away in all directions like waves in a pond. Let them touch you, fill you, consume you. Let the light warm you from within as it lights your body, mind and spirit. There is no set time period for this exercise, but it would be best to continue it for at least five minutes to feel the effects.

The Solar Plexus Chakra

The Throat Chakra

You know that your Throat Chakra is open when you can communicate clearly, expressing yourself without fear or apology, and making your dreams and desires real. Blockage, on the other hand, is marked by guilt and a sense that no one understands you, frustration over not being able to bring the things you want into your life and, on the physical level, an underactive thyroid gland.

Open the Throat Chakra

Sit down in your usual meditative posture and in your usual place. Close your eyes and breathe deeply, in through your nose and out though your mouth, ten or twelve times. Now, begin to scan over your body, beginning with your toes and working up toward your scalp, relaxing the muscles as you go along. Once you have reached the top of your head, begin the visualization.

Begin by visualizing a rotating blue sphere hovering at the level of your throat. This is your Throat Chakra. Watch it spin and see how it glows, allowing it to take on more and more reality as you look at it.

Mindfulness Meditation Basics

While looking inside yourself with the idea of finding an untapped well of inner peace and tranquility might seem daunting at first, rest assured that it is something anyone can achieve if they dedicate time and mental energy to practice mindfulness meditation every day. What's more, after you get the basics down you will find that almost any situation easily lends itself to being mindful if you simply commit yourself to being fully present in the moment and open yourself completely to the signals that your body is sending you.

While one of the best things about mindfulness meditation is its malleable nature, when you are first getting started it is recommended that you set some time aside each day to devote to the practice specifically. Ideally, this should be someplace that is quiet and during a period of time when you feel relaxed and where you can devote as much as thirty minutes to going deep within yourself without fear of worldly distractions. Remember, being mindful is all about creating space between the sensory information that your body is always sending to your mind and your reactions to that information so the less stimuli you have to deal with at the start, the more comfortable you will find the practice to be.

Getting started

1. Choose a set time and stick to it: As with any burgeoning habit, it is essential that you create a routine for your mindfulness meditation and stay with it if you hope for the practice to stick. It typically takes 30 days for a new habit to take root in your daily schedule which is why it is essential to commit fully to practicing mindfulness meditation if you ever want it to become part of your routine. Due to its low impact nature, nothing external is required, it is elementary for many people to make excuses to get out of meditating, especially if their daily schedule is already filled to bursting.

2. If you find yourself always coming up with an excuse to get out of meditating in the moment, you may find the following piece of advice particularly useful. “Practice mindfulness meditation for fifteen minutes every day unless, of course, you are extremely busy in which case you should practice for thirty minutes instead.” Don’t let the outside world intrude on your potential for inner peace, find a time each day that works for you and stick with it no matter what; in a month’s time, you will be glad you did.

3. Get started by focusing on the moment: While the ultimate goal of mindfulness meditation is to quiet the mind in an effort to find a state of internal calm despite the hustle and bustle of the outside world, many people find it challenging to achieve this state right out of the gate. Instead, you will likely find it easier to start to supplant any thoughts you might have by focusing all of your attention on the signals that your senses are relaying to you to the exclusion of everything else. While you might not feel as though you are receiving much data on the physical world, especially if you are practicing in a quiet, temperate space, the truth of the matter is that your brain naturally filters out approximately eighty percent of everything it receives, you just need to get in the habit of tapping into it.

With practice, you will learn to tune out your more common thoughts and to instead tune into what is going on around you. When you do this, it is essential to simply take in the information your senses are providing without thinking about it too deeply or passing judgement on what you perceive. Judging tends to lead to additional thoughts or, even worse, comparison of the present group of situations to those of the past which is more likely to pull you out of the moment and make finding the state of calm you are looking for even more difficult than it is likely to be, especially when you are just getting started.

Remember, the goal of mindfulness meditation is to get as close to existing in the moment as possible and ignoring everything outside of your current surroundings as much as possible. To reach the required state you are going to want to start by focusing on your breathing, the feel of the air slowly entering and exiting your lungs as well as any smells or tastes that

go along with this practice. From there, you can then expand the sphere of observation to any other sensations that your body might be experiencing, all the while going deeper into yourself in search of the point where your mind ceases to form new thoughts and simply exists in a state of peaceful relaxation.

4. Try to avoid judging what you feel: When you first begin practicing mindfulness meditation, it is perfectly natural for your mind to intrude with thoughts about your current surroundings or to fill the void you are trying to achieve with a constant stream of consciousness. This occurs because over the years you have trained your brain always to be moving from one thought to the next in a rush to reach some conclusion or another.

When you find these rambling thoughts breaching your sense of mental calm it is essential to not interact with them as much as possible and instead to let them simply float away without interacting with them. If you find yourself getting sidetracked it is essential to not attach a judgment to what has happened and to center yourself once more and continue as before instead merely.

Chapter 13
Importance of Positive Energy

There is no question that positive energy is vital in our lives. While it is possible to live without it, it is not the ideal way to live. In fact, living without positive energy leads to an overall decline in health, wellness and poor mood. So, there is no doubt that positive energy helps improve all of these areas.

However, positive energy goes beyond just smiling and feeling happy. Positive energy is all about making the most of your life and the experience that you are living. As a result, your entire environment will begin to shift from your current reality into a more positive one in which everyone around you will have the opportunity to perform at a better level.

Now, it should be noted that negative energy is not necessarily bad. The thing about negative energy is that it does not allow you to progress in achieving your goal as it consumes so much of your vitality.

Think about it this way:

What consumes more energy, love or hate?

Sure, you might say that loving someone is hard work. Indeed, it is not easy to love someone day and day out. This is especially true when the object of your affection isn't going through a good time in their life. Nevertheless, hatred consumes people from within. It requires a great deal of energy to hold on to hatred. People who succumb to resentment tend to age faster. This is the result of the vast amounts of energy that are required to hold on to grudges.

As you can see, it is a lot easier to make sense of love in your life as opposed to hate. This is why allowing positive energy to flow through your being is a lot easier than letting negative energy take hold of you.

So, let's explore the ways in which positive energy becomes highly essential in your life and the lives of others.

In the workplace

1. **Start with yourself!**

Often, it is easy to pin the blame on others, that is, it's easy to say that negative energy is the consequence of others' bad habits, moods and attitudes. But the fact of the matter is that you also play a role in allowing negative energy to find a foothold in the environment around you. So, it's essential that you begin with yourself. Make sure that you have the right mindset that will allow you to grow within your environment. When you have a growth mindset, it's easy to spread that to others in such a way that you become a catalyst for positive change.

2. **Conserve your vitality**

Mindfulness is a fantastic promoter for development. That is why you ought to try your best to conserve your energy and focus so that your vitality doesn't dissipate into unproductive endeavors. For example, if you find yourself with a toxic colleague, don't fall prey to their game. Let them fight their fight. Unless you have no choice but to confront them, make the best of your energies and allow yourself to live in the here and the now. That way, you can let the negative energy flow through you while allowing your positive energy to radiate.

In personal relationships

3. **Managing antagonism**

Quite often, we are faced with having to deal with antagonism in our personal relationships, that is, differences of opinion or disagreements. This is a natural part of life. If anything, you should be suspicious if there are no disagreements in your personal relationships. The fact of the matter is that differences create negative energy. When you let these differences get a hold of you, you nurture that negative energy to the degree in which it gnaws at you, it creates an infection, and then that infection festers until the relationship is no longer salvageable. So, handling antagonism is of the utmost importance. If you let your positive energy radiate, a difference of opinion can be solved by way of dialogue and understanding. Ultimately, you won't have to concern yourself with negative emotions. You'll find the right way to solve your differences.

4. Handling your desires

Your desires should not take precedent over the needs of others. By this, we mean that your needs and desires are just as urgent as those of others. So, there is no reason why you should obtain what you wish for at the expense of others. In fact, it is perfectly reasonable to find a middle ground in which everyone can get what they want to a greater or lesser extent. The fact of the matter is that your ability to situate your desires in their proper place will go a long way toward generating positive outcomes for everyone.

In your community

5. Empower your group

To empower your group, all you need do is make sure that everyone has a voice that is heard. There is no need to have one individual dominate the group over the rest. Everyone is perfectly capable of leading at one point or another. So, when you empower your group, you are providing them the opportunity to take charge of those areas in which they are genuinely competent.

Dealing with Negative Energy

Thus far, we have talked about positive energy and how wonderful it is to be charged with it. But we are yet to focus on the effects of negative energy in your life beyond the noticeable effects. When you allow negative energy to take hold of your life, chakra blockages are just the beginning. In fact, negative energy can be so challenging to deal with that the physical symptoms alone can be enough to drive anyone mad.

That is why we are going to dedicate this part to discussing the reasons why negative energy is so detrimental to your overall health and wellbeing. In addition, it makes a great deal of sense to hone in on the reasons why negative energy can make your life an utter nightmare once it grabs a hold of you.

Negative energy is nothing to be afraid of nor dread. As a matter of fact, we need a dose of negative energy in order to balance out our chakras. The truth is that our world runs on a duality of energies. So, there is a definite place for negative energy. It’s necessarily the way electricity works.

However, if you let yourself get too consumed by negative forces, then the following signs and symptoms will make their appearance in your life.

Signs

Denial is contagious

Think of a time in which you visited a colleague who was having a difficult time. Chances are that they had a hard time accepting the fact that they were going through a hard time. If anything, they will tell you they are perfectly fine though their behavior indicated otherwise.

Negativity is contagious

Over time, being around toxic people in a negative environment will lead you to feel a series of physical and emotional symptoms. These symptoms are not the kind that are clearly apparent at first. However, they will become evident as you deal with them. By the time you actually begin to notice them, they may have a strong hold on you. Consequently, it may be hard to get rid of them. Here are some examples:

- Headache and migraine
- Digestive distress
- Unease or despair
- Unexpected mood swings
- Impatience
- Constant anxiety

Among many others…

It is also true that these symptoms can emerge as a result of pent up energy, that is, feelings that have lingered inside of you for a certain period of time. These feelings may not be comfortable to let you. So, instead of tossing them to the side, you are carrying around them like a lump of bricks. When this happens, these feelings fester inside of you until they cause severe damage to your spirit and body.

What can you do about it?

Well, let’s take a look at the various ways in which you can deal with negative energy.

How to know you have negative energy

1. **It is tough to socialize with friends and family**

Negative energy has a way of zapping your vitality. This is evident in chronic fatigue. Often chronic fatigue is the result of prolonged periods of stress. When this occurs, you may find that sleep is insufficient leaving your exhausted all the time. As a result, you may have trouble working up the energy to go out and have fun with your friends and family. Even something as simple as a family dinner may be tough to work up the nerve to go to.

2. **You have trouble making friends**

This one is relatively straightforward. It is hard to make friends when you are unable to socialize. Moreover, nurturing existing relationships can be tough if you don’t have the energy to go out and spend time with loved ones. Even something as simple as picking up the phone and calling a friend can be fierce. So, if you find yourself having trouble relating to people you meet, then you might be in the grips of negative energy.

3. **You are always in the middle of an argument**

This is another sign that needs no introduction. When you are negatively charged, you will find that it is straightforward to be engaged in constant bickering with everyone around you. You don’t have to work very hard to pick a fight. In fact, your negative energy will predispose those around you to bicker with you. The end result is a number of issues that can lead you to become bitter and isolated as others around you simply try to avoid you as much as possible.

4. **Acquaintances are continually "busy"**

This point ties into the previous one. When you are negatively charged, and your relationships go down the drain, you will find that everyone around you is busy. So, when you work up the courage to ask someone out to lunch or try to set up a social gathering, everyone around you is busy, has to work or simply can’t make it. This should be no surprise as your foul mood can rub people the wrong way. The same goes for business associates

who suddenly don’t want to do business with you. Perhaps this might ring a bell…

5. Others avoid any type of contact with you

When we mean “any type of contact”, we mean “all types”. This includes having to talk to you even if their job depends on it. Think about it this way, have you ever had to work under a mean boss? All staff in the department try their best to avoid having to talk to the boss. And when they do, it’s usually a very brief interaction. There are situations in which employees will try to get someone else to talk to the boss since they fear the boss will lash out at them.

6. You are prone to using foul language and profanity on a consistent basis

Cussing is nothing to be ashamed about… well, unless you say something that’s utterly inappropriate at the wrong time. This can be a severe issue… but barring a monstrous faux pas, you can get away with saying bad words here and there. However, people who are negatively charged tend to find themselves filling up the swear jar rather quickly. This is nothing more than an expression of their inner feelings and emotions. So, do pay close attention to this aspect of your life should you find yourself cussing more than you ought to.

Chapter 14
How to Balance Your Energy Flow

Before you begin to clear your chakras and align your energy with your lifestyle choices and living circumstances, we will examine the benefits of how healing your chakras can improve your life. Chances are you have been living in a way that has left you feeling depressed at times, low energy, frustrated with outcomes, fearful of new opportunities or choices for new directions on your path, anxious about the “what if’s” and uncomfortable with your lack of personal understanding about your real purpose.

Many of us will hide all of our insecurities and pretend, or delude ourselves into maintaining the appearance of happiness and success, while under the surface we are a hot mess of self-doubt and trauma. It is incredibly common for a majority of people to hide what they actually think and feel in order to become ‘one’ with all of the other people in our lives.

The pain you feel may have such a profoundly firm grasp on your identity that you have grown used to existing under these conditions and may not even realize that you are wanting to shift and change into another way of living your life. It happens to all of us at some point; you will question your life and whether or not you feel happy and content with your current situation.

Many people will elect to stay in their current situation out of a fear of change and how it will affect other people around them. Having a look at your own theories of existence and how you create your own experiences is a necessary part of awakening your chakras and healing the imbalance of your life. You may have to completely change your living situation, marriage, religious affiliation, neighborhood, city, clothing style, food choices, and even friendships when you start to rekindle your right energetic balance.

The process through which you align with your whole self has a long path ahead of you and will open slowly over time so that you don’t make to make too many significant life changes at once. However, all of the changes that you make will happen out a need and a purpose to feel like your whole, actual being as an individual. It will take a lot of courage to let go of and

release people, places and things that hold you back from the life you long to live as a soul.

When you live according to your own path and journey of awakening to your energy system you will look for all of the ways you can connect the dots with all of your life story, not just what is happening in the present moment's circumstance. You may be living at a house with your partner of 10 years who you have a lot of drama with and have always felt underappreciated for all of the hard work you do to keep the house in good condition; or you may be living at your own apartment feeling lonely and depressed all of the time because you have not found another person to share your life with.

These same two circumstances can stem from the same type of childhood chakra block that comes from an imprint from your caregiver experience. You may be in a relationship with someone whose energy closely mimics that dynamic you witnessed between your parents. It is how you learned what relationships are like: by watching them struggle to find happiness and joy as themselves in a partnership. You repeat these dynamics in your later life experiences because you are programmed to understand life from these earlier experiences, even when you think you have broken away from that dynamic, your energy has a way of finding it and seeking it out because of how your chakras learned to 'feel' about love and partnership.

If you are the person living alone, but longing for love, you could have come from the exact same childhood-caregiver dynamic but chose to reject partnerships as a way to protect yourself from the pain that you witnessed between your parents through their relationship struggle. Despite having a strong desire to have a healthy relationship, you were energetically programmed to see relationships through the energetic blueprint of your parent's experience of pain and decided to protect yourself from that experience in your adult life.

These specific examples may not apply to you, however, as you read them you can understand the concept of how your chakras are directly linked to how you open yourself to life and the world. You can also begin to see how these dynamics can train your energy in a certain way so that you are repeating the same patterns that you inherited from your family, group,

or culture. When you allow yourself the freedom to begin your whole healing and opening through your chakras, you can start to live as the self you were always meant to be, cleansed of all of your early life programming and mental patterns that came from your childhood experiences.

Living your life in harmony and balance is easy enough if you choose to allow a lot of time, presence and energy to the process of healing, but as so many of us have careers, homes to maintain, daily life dramas, families and relationships to attend to, we can't always be 100 percent available to ask our chakras how they are doing and whether or not we are aligned and balanced.

Everyone has a life to live and when you are going through your healing experience you will need to devote ample time to healing and balancing. A right amount of your free time should be devoted to caring for your energy clearing and chakra balancing as it can take so long to heal from all of your wounds and learned behavior. The wisdom you seek to heal yourself must come from yourself and the way that you choose to live your life in harmony and balance. Having a choice between healing, or not, is essential to your journey, and when you make the life decision to allow yourself space to heal and renew your right energetic balance, then you can bring joy and harmony into your life.

What can come up for you as you look for this path is a lot of resistance from the people, or energies in your life that you are used to having around at all times. A lot of shifts will have to occur in order for you to allow for healing. Living your life in harmony and balance with your energy means letting go of what is keeping you blocked from your ascension and chakra healing. A lot of our current lifestyle patterns are an excellent cause for energy blockages and can come as a surprise to many when they learn about how energy clearing works. The list below shows a lot of possible examples of how your energy can be disturbed, influenced, blocked and congested, but it is certainly not all of the ways these blocks can occur. As you read consider some of the ways your chakras can be blocked on a daily basis.

Television- an excess of 1-2 hours a day. More than 2 hours of TV is a block to your energy.

Workaholics- overworking at any job is a serious issue and cannot be allowed if you want to heal and clear your chakras.

Social Media- looking at all of the links, posts, comments and life stories of other individuals is a harmful waste of your energy and creates severe issues in all of your chakras, not just one or two.

Junk Food/ Fast Food/ Processed Food- there is a severe lack of nutrients in processed foods and low-quality health foods from fast food restaurants; healing your chakras requires a daily intake of whole, healthy and nutritious plant-based foods, animal proteins, and quality fats. Sugar, caffeine, imitation flavors and sugars, additives, and genetically modified foods are all energy blockers and also cause a lot of the diseases that are becoming an epidemic in American culture especially.

Drugs and Alcohol- neither is a good choice at all for a journey with healing your energy and your chakras. If you are serious about going on this path to cleansing your energy you will have to put all drugs and alcohol aside for a time to allow for a proper rebalancing and energy purging. Nicotine is included in the list of drugs also, and will always be a severe cause of physical trauma to the body as well as energetic trauma to the chakras. Prescription drugs are also a serious cause of chakra blocks and many of the medical conditions that prescription drugs are attempting to heal are also caused by severe ascension issues and energy blocks in your whole system.

Sedentary lifestyle- it’s no secret that exercise improves health, but it isn’t widely understood that it also helps clear your chakras and keeps them in a balance. Moving your body = moving your chakras to promote a healthier flow. Sedentary life causes stagnation and a serious lack of energy flow.

Relationships- there a good relationships and bad ones and the difficulty is wanting to live your life with someone, even when they are harmful to your life force and energy. Having a challenging, destructive, or harmful relationship dynamic is a huge energy block. A lot of relationships already have an issue with energy form both partners having a need to clear their whole chakra system. Imbalances are common and unique to each

partnership. You may have to leave a certain love, or friendship dynamic in order to allow for whole healing of yourself and your energy.

There are plenty of other ways that you can become energetically blocked in your chakras and the list above illustrates the most common issues that we face as a human society today. The contrast of that list is to see how you can begin to bring a more harmonious flow to your chakra energy on a daily basis. Here are some ideas for how to shift into a better balance and healthy lifestyle to promote chakra healing, cleansing, and purging:

Set a time limit for your use of electronic devices, such as TV, cell phones, tablets, and video game consoles. Avoid television programs and movies with excessive violence and hard lifestyle issues. Encourage programs that will be more healing to your energy, such as comedies, documentaries about nature, educational programs and light-hearted romance or adventure stories.

Give yourself a strict boundary with your work hours. Never bring it home (unless you already work from home); adhere to a schedule that works for all of your lifestyle needs; leave on time; take time off every week, whether it is a weekend or days off in between shifts. You may even have to change professions or careers as your energy heals and balances. Often times, your choice of work is not in alignment with who you truly are and how you want to live your life as a soul.

Limit interactions on social media by giving yourself a set time every day or week that you communicate via all social media outlets. Avoid all of the damaging energy that comes from other people’s blocked emotions, traumas, and wounds that are often spread all over the internet, and especially social media. Limit your availability on all platforms so that you can focus on healing your own energy without being overly influenced or disrupted by the energy of others.

Eat well and eat lovingly for your body. There are a lot of generic, highly processed foods available and a lot of them are not good for your health and wellbeing. Many are already energetically low because of how they are processed, prepared and packaged and carry that energy into your body, influencing all of your chakras.

Chapter 15
Healing Remedies and Treatment

The chakras behave as light spinning wheels., according to ancient texts. Indeed, Sanskrit for wheel is the word chakra. Chakras receive and emit energy that, depending on the health of this energy, can be either negative or positive. You may find differences in the needs of each chakra during the healing process. This obstacle you don't have to do. Consider your chakras as a garden, with every flora that needs special attention. Many chakras need less care, others are stronger. The devotion to self-examination makes it as interesting as it is beneficial to cure the chakras.

The foregoing recommendations can be modified to suit the specifications. Be careful, not with the size or appearance, when choosing stones, but with your reaction when holding them. Some of these crystals may not be identified, but in the mystical or rock market, you are likely to find them. Although you can appreciate this guide to chakra recovery, a trained professional is better to undergo long-term therapy. Most skilled chakra healers are extremely intuitive, apart from their practice. The analytical intuition will help you understand the causes for every disequilibrium. In and of itself this can be soothing.

1st Chakra: This chakra is the root. The back or tailbone is found at the root of your body. The root chakra is in the physical realm. This chakra needs no focus if you feel anchored, protected and embedded today. But many are not so holy. A damaged root chakra will render you understand, hang on to and overly possessive in the physical. On the other side, you may feel odious to your body and belongings if you are too transparent here. This can take advantage of your generosity.

Crystal Correction: obsidian release of a closed chakra. This gem offers a centralized, peaceful perspective, so that an awareness of the temporary nature of belongings replaces the compulsive gain impulse. Position an obsidian on your genital region as you lying on your back to cure stones. When you relax further, the power of the stone becomes linked to your own and strengthened. Rose quartz is important for an abundantly

open heart. Although this soft pink quartz is usually related to the heart, it allows us to accept and love us so that we can defend ourselves with it.

2nd Chakra : the sacred chakra controls our sexual power and creativity. To sense the place, you just need to push two inks under your navel. The gift of a happy holy chakra is grace and expressivity. A blockage may lead to new concepts being resisted. A holy chakra that is too vulnerable is visible from bed-hopping to dangerous driving in "The drama queen" and in everything from stubborn behavior.

Carnelian: This quartz type is lovely for opening the holy region. Crystal Correction. Although the stimulating properties of red or orange can be found in many colors, they are brave for the timid. This allows us to pursue our dreams without the illusions of fear blocking our journey. On the other side, it may take lapis luizi if this chakra is too accessible. In ancient Egypt and Babylon, this historical light blue stone was very valued. Now, we can use its moderating tools to help us behave cautiously. Scott Cunningham notes in Diamond, Gems & Metal Magic: "The simple touch of your body with this stone strengthens your mechanical, physical, spiritual, social, and emotional health."

3rd Chakra: this's the power center of your solar plexus. A pool of known love and courage remains here. We understand our ability and are encouraged to explore it when this chakra is safe. If we are confused, we can feel the "butterflies in our belly." A distorted source of control makes us feel weak and helpless. When the energy center is too large, the opposite problem happens.

Crystal correction: Golden Beryl is a light, citrus-yellow stone that helps guide and build trust. Therefore, the 3rd chakra blockages are awesome. When you put this two-inch stone over your navel your power center will free up and help you accomplish your objectives. Yellow jade is in order for those confused by the chakra. This calming stone will effortlessly and harmlessly direct our impulses and mitigate destructive desire for others.

4th Chakra: This is the chakra of the heart and its self-explained location. This is the sacred area of spiritual development, devotion, determination and high ideals. A heart chakra is congestive and makes us and ourselves highly serious. This makes it difficult for us to open ourselves

to love and friendship opportunities. On the other hand, if our heart is too large, we might try to carry the weight of the world and do the impossible.

Crystal correction: Green jasper placed on the heart helps us to feel safe enough to open up and to reveal itself. It makes truthful and positive contact better. Consider peridot for a heart that has no boundaries. A soft, pastel green stone always calms us down. We can be sweet, but not sacrificial.

5th Chakra: the chakra of the throat lets one interact both by physical and expression terms. It is positioned at the throat foundation. We speak honestly and freely when this chakra is healthy. Our deceit is subtle, if we are blocked here. We may, for instance, take things out. Then we speak too much and without preparation if this chakra is extended. The "foot in the butt" condition is commonly called this.

Sodality's splendid marine stone, helps with a narrow chakra of the throat, Crystal Correction. It brings one confidence and understanding. We can sound it with certainty, realizing our reality. Those with a distributed 5th chakra, by comparison, will sound more softly their reality. Amber is useful in this capacity. This is a very soulful stone. Kevin Sullivan states in The Crystal Handbook that "in Vienna's mystical literary history, Amber has identified the whole of the soul, or that the spirits have assumed that the stone will move."

6th Chakra: This power center, between brows, is known to many as the third. If we are able to look past our personalities, this chakra gives us the ability to show our inherent intellectual abilities in harmony. Yet we restrict ourselves to unregulated activities when it is prevented. This leads to rigid thought and joy. Nevertheless, we can be dislodged from the physical world when we are so transparent here. Unable to close the internal eye floods with a confounding feeling of unreality as necessary. Balance is key. Balance is essential. They always dream of Crystal Correction: A moon on the 6th chakra will remove the issues which blind us and open up our minds. Crystal Correction: Since the moonstone is linked to changing cycles, this encourages personal development. It allows us to adapt to the wind, spontaneity and rigidity. Blue lace agate is needed with an unnecessarily open 3rd eye. This beautiful, blue sky stone sharpens our focus and lifts the distractions of the psychic.

7th Chakra: Oh! Wow! The capability of the crown chakra is not sufficient for Words. This chakra is placed at the top of your head and offers a chance of lighting. Although it will not render us a Buddha, it definitely does take us to heights of divine bliss and it will bind us with the meaning of our life. You're far from isolated if you're stuck here. A strong crown chakra is unusual. It is a blessing with unfailing efforts to develop spiritually. If we are stopped, our future and miss lasting, angry harmony will be confounding. We must first maintain the well-being of our previous chakras to achieve maximum success for the equilibrium of this chakra. It rarely is a problem if you do not like joy or harmony to have this chakra too open. However, we live with the disillusioned. They have both the cynic and the sorrowful to express. We're caught up in our own head otherwise. It can be quite lonely, but secure this location is.

Crystal Correction: Clear quartz is a good healer across all chakras, but it is particularly useful to open a sealed curve. The crystal selected should be tiny enough to sit on the top of your head because of the seventh chakra position. This stone clarifies its purpose and enables us to see the broader significance in daily occurrences. It helps us to recognize and to work aligned with universal truths. Hematite is soothing for those who have an excessively exposed crown chakra. It's rooted too. The mysterious, strong stone will help us fulfill our own and our own worldly needs by calling attention to the actual reality of life.

Sidebar: Find the blocks in a pendulum. Use a pendulum to treat the chakra imbalances easily and trustingly. Get a 6-sided pendulum of quartz from a belt or chain first. Such beauties are carried by many mystical stores. Keep this crystal continually over the chakra about which you are most interested. You will soon notice that the crystal begins to shift. Don't think about the swing course. Alternatively, breadth is the important thing. An excessively open Chakra, where a close, unstable swing defines a pillar, is an extremely wide swing.

Connecting Your Chakra Using Reiki

Some students concentrated on the healing of a chakra at a time by connecting your chakras using Reiki.

With Reiki:

1. You may continue a more complicated healing process by becoming more receptive to light. Determine which chakras should be energized by scanning or using a pendulum. Place the low chakra on one hand and put the other hand 1 to 3 minutes in the chakra above it. It divides the strength for the weaker from a better chakra. Hold your hand on the vulnerable chakra while you pass another Chakra, until it stabilizes the energy. Do this for every chakra above, all the way to the crown.

Link the low chakra with all the chakras underneath it. Hold the weak chakras on one hand until all chakras are linked to the poor one, then put the other hand on each of them below. Read this instance to connect the heart chakra to the upper chakras to summarize the process.

Left hand to heart, right to throat Left hand to heart, right to brow Left hand to heart, right to crown Now, link the heart chakra to the bottom. Left to core, right hand to heart

Right hand to heart, left hand to the plexus, left to heart, left hand to the holy chakra Right to core, left to center, which completes the link between the hands, extracting strength, from all of them. The heart is in relation to the other six chakras. Consider the following effects when binding chakras. For instance, questions such as these can direct your therapeutic conversation in communicating the heart chakra of your patient with others:

- What do you want to tell (chakra 5) about your emotions (chakra 4)?
- How does your creative expression sound (chakra 4) (chakra 5)?
- How do you feel about your actions (chakra 4)? How do you feel about them?
- What can you do to respond to your feelings (chakra 4) (chakra 3)?

It can be a very powerful way to complete your personality to connect the chakras. You will have a better knowledge of your own strengths and weaknesses after studying the features of each of the chakras. For example, if you find that your solar plexus is supercharged as evidenced by the high degree of self-confidence and personality, it suggests that your third chakra has excessive energy.

If you also find that your reproductive system includes cysts or cancers, this indicates a second chakra that is low or shut down. As you examine

your specific characteristics and physical symptoms, decide which chakras require cure and contact.

This technique is used in serious emotional or physical pain.

Chapter 16
Using Meditation to Strengthen Your Chakras

One of the best things that you can do to help heal your chakras is to add to daily meditation. It doesn't matter which chakra you are working on, though the third eye chakra will benefit the most, you will find that you can align the chakras and help them to work the proper way. If you feel that any of your chakras are not in good working order, it is time to add in some daily meditation, even if you only have five to ten minutes to devote to this each day.

Meditation is not something that has to be really difficult to get started on. You just need to have a quiet room, a few minutes to yourself, and the ability to relax and think about your chakras so that they are able to heal themselves. You can choose how you want to work on the chakras. Some days you may just want to work on the third eye chakra or another one that has been causing you the most trouble, and other times you will want to focus on all of them, helping them all to align with each other.

Now, there are a few different methods that you can use in order to get started with meditation. Here we are going to look at the method that you can use that is meant to specifically help take care of the chakras and will help to get them in line. But if you have never had a chance to get started with meditation and you are a bit worried about what to do, you can go with a traditional form of meditation, or simply work on just controlling your breathing and taking a break from the stress in your day to day life.

To get started, make sure to find a room that is quiet and where you are able to be by yourself without someone coming in to bug you for at least ten to fifteen minutes. You may end up needing a longer period of time, but this is a good place to start for your first few sessions. You don't want to have a bunch of distractions showing up during the meditation or you will have a lot of trouble getting the meditation to work well for you.

Once you find the room you want to use for your meditation, a room where you can be all by yourself during this time without interruptions, it is

time to get comfortable. For the chakras to start realigning again, you need to make sure that you are sitting up straight so that they are all in order. This means that slouching is a bad thing and you need to be able to keep your back nice and straight during this. Sitting on the floor with your legs cross and maybe a pillow under you for some support is usually the best to get a good spinal alignment, but if you have trouble with being on the floor or some back problems, you can sit up in a chair; just make sure your feet are flat on the floor and that you are still maintaining good posture.

When you are ready, it is time to close your eyes and just concentrate on your breathing for a bit. You will want just to let your mind clear out for a little bit of time, working hard to not think about anything else for a few minutes as you try to get a bit of inner peace and away from the stress in your life. We will move on in a second to find how to work with the chakras, but it is really hard to focus on the chakras and to get them in the right order if you focus on the stress and challenges that you face in your daily life. So, spend a few minutes, or as long as you need, clearing out some of the things that are bothering you and stressing you out before you move on to the next step.

Now, it is perfectly fine if you would like to stay at this step for a bit. Some people find that clearing out some of the stresses of their lives and just taking a breather can help them out with cleaning their chakras. There is so much more that you are able to do, but getting started with some deep breathing and relaxation will help you get so much further in the long run. You can always stick right here for now, and then move on when you feel more comfortable to do more for your chakras.

If you would like to work on your chakras and move further into the meditation, you can do this as well. Here you would need to focus on the colors that are associated with the different chakras in your body. You can choose to just focus on the chakra that is causing you the most trouble, or a really good meditation session would ask you to focus on all of them together to make them stronger and to make sure they are all in good working order.

First, concentrate on the root chakra, or the first chakra. Remember that this one is located at the base of the spine and it is linked to your connection to the world and to other people. This one is going to be associated with the

color red. When you want to work on the root chakra, you will want to get started with meditation and then focus on the color red, letting it get brighter and duller and just focusing your energy on it until it begins to envelop you all over. You can take as long as you would like on the root chakra so don't rush the process.

Next is the sacral chakra, or the second chakra, which is right below the navel. This one is linked to your innocence, creativity, and your inner child and when you are thinking about this one, it is all about the color orange. When you are done with the root chakra, it is time to move to the sacral chakra and focus on the color orange, going through the same process as before, focusing just on the orange color until it begins to envelop you as well.

When you are done with this one, it is time to work on the solar plexus, or the third chakra, which is going to be a little bit below the heart and down to the navel. This one is all about your reaction to criticism and to your self-esteem. To work with the solar plexus chakra, you will need to focus on the color yellow. Make sure to work with it for as long as needed until the color yellow starts to surround you again.

The heart chakra is the fourth chakra and you will be able to find this one right in the middle of the chest. It is linked to a lot of your emotions such as trust, openness, compassion, and love. It is sometimes associated with pink, but for this meditation, you will want to focus on the color green. When you are done with the solar plexus chakra, you will move on to your focus of the heart chakra with the help of the green color, letting it get nice and bright for you.

Next on the list is the throat chakra or the fifth chakra. This one is located near the base of your throat and it is going to be linked to expressing the truth, personal authority, and even taking responsibility for your own needs instead of blaming someone else. When you are focusing on the throat chakra, you will need to focus on the color blue. So, when you are done, working with the heart chakra, it is time to change over to the color blue and let that color surround you as well.

The brow chakra, or the third eye chakra, is found right at the center of the forehead. It is the one that you will need to work on when you need help

with intuition, wisdom, inner vision, and more. This one is going to resonate with the color of indigo so that is the color that you will need to focus on if you want to help the brow chakra to work better.

And finally, you can also work on the crown chakra or the seventh chakra. This one is located at the very top of your head and it is associated with living in the now, your awareness of Oneness with the Source, and more. If you need to work on this one, you will be able to focus on violet as well as pure white light, so you can focus on the one that makes the most sense to you. Allow this one to focus for a bit until the color has surrounded you.

You get to choose how you would like to get this done. It is preferable to work on all of the chakras together because this helps to keep them aligned and working together properly, but there are sometimes when you need to get it done and since working on all of the chakras can take sometimes, you may want to shorten up the process a bit. Working on one or two of the chakras in a session to help you get started, and to save some time, will work out just fine and can provide some good benefits as well.

In addition, it is possible to work with all of the chakras at once. This is one of the best ways to ensure that your chakras are going to stay in good working order for a long time, so you need to make sure you have plenty of time to get this all done. Then you won't feel rushed and can slowly go through all of the chakras, giving each one the amount of time and attention that it deserves to work properly.

Remember that when you work on meditation, it is not a race or a competition. You don't want to feel bad because it takes you a bit to clear your mind and get the results that you want. Some people will pick this up faster than others and some will need a bit more time to perfect the skill.

If you do have some issues with working on meditation, be gentle with yourself. It is not a good idea to get angry or frustrated with meditation because this can cloud your judgment and takes away from some of the hard work you are doing. During this time, you are supposed to use the exercises to help you focus on the chakras, or at least focus on relaxing and getting away from the stresses of the world around you. If you end up being upset about your lack of progress, you are defeating the purpose.

When your mind does end up wandering away from the exercises that you are working on, just gently bring it back to the task at hand. You want to be gentle, not bringing out any judgment or getting angry about what is happening at all. Things happen and if you focus your energy on these exercises and work at it, over time you will be able to get it down and you will get the best focus possible while doing your meditation.

When you are able to take some time to work on all of the chakras together, you are making it easier to get them all aligned at the same time. It is fine to work on a little bit at a time if this is all that you have time for, but it is best to spend some time on occasion, perhaps every few weeks, to help you realign all of the chakras that are in your body.

Chapter 17
Balancing Your Chakras

When someone talks about balancing the chakras, they are actually talking about various meanings and techniques. A simple definition of chakra balancing is a process where the chakra's energy is brought to a harmonious and well-functioning state.

Balancing the chakras is only a section of the whole picture. Every chakra in the system needs to be able to function as a whole. If you take the time to look at the way chakras work, we can see they have a force that connects to each other, and they interact energetically. This means when we balance our chakras, it is very important to not only think about each chakra individually but also their neighboring centers and the energy that flows throughout the entire system.

6 Signs That Your Chakras Are Out of Balance

1. Weight Problems

The chakras that are affected will be the sacral chakra, solar plexus chakra, and the root chakras. Most weight problems are considered to have lifestyle, dietary, or behavioral causes, along with exercise, but one cause the most people don't consider is not being grounded. If we don't feel grounded, this is a problem with the root chakra. If the root chakra is balanced, we will feel connected to nature. It won't matter what we might be facing in life; it makes us feel secure as all our basic necessities are being met. Most of us gain weight to help us feel grounded.

We might use weight as a buffer between the world and us when our self-esteem feels off or we feel intimidated or attacked. If this is the case, our solar plexus chakra might be unbalanced. The solar plexus chakra is our center of power. It helps with confidence, self-esteem, and control.

At times we have problems feeling pleasure and getting in touch with our emotions. If we bottle up feelings about what is happening around and in us and we don't process the emotions that might have shaped our feelings

about survival and self-worth, we won’t experience pleasure when we eat, and our sacral chakra becomes unbalanced.

If you have a severe problem with low body weight, an intense fear of gaining any weight, and your perception about your weight is distorted, you may have been diagnosed with anorexia. People who suffer from anorexia drastically restrict how much food they eat. Bulimia is when someone eats a huge amount of food and then either takes a laxative, makes himself or herself throw up, or exercises excessively. Both of these disorders will judge a person’s appearance harshly because they think they have to be severely thin to be worthy. Individuals may have trouble controlling their own self-image because they think they have physical flaws. Both of these disorders are caused by an unbalanced solar plexus.

2. Mental Disorders

Anxiety: All of the chakras can be affected. It all depends on the type of anxiety you are experiencing. Anxiety is a part of our daily lives. When we get an intense, persistent, or excessive worry that takes over our existence, it is totally debilitating. If you suffer from anxiety, it could turn into terror or fear in minutes and, thus, turn anxiety into a panic attack. It can also mess up our quality of life.

It all depends on the type of anxiety you have, but it could affect any one of the chakras that are involved. If the crown chakra is out of balance, we might feel as if we aren’t connected to the God, Goddess, Universe, Source, or Divine. If our anxiety is from the third eye being out of balance, we feel anxious about the unknown and we don’t trust our intuition. You might feel anxious about saying how you actually feel, expressing yourself, and communicating with others if your throat chakra is not balanced. If are feeling intimidated, pressure to do well, completely overwhelmed by everything, or caught in a power struggle within a relationship, your solar plexus chakra is out of balance. If your sacral chakra is out of balance, you will have feelings of shame or guilt due to emotions that are so intense that you have not processed them completely. This can happen because of past traumas like sexual abuse. If we feel anxious about our surviving in this world like money, shelter, food, etc., the root chakra is not balanced. This makes us feel as if we are in a constant survival mode.

Depression: The chakras that are affected are the heart and crown chakras. Depression happens for many reasons. It might pass through temporarily at times. At other times, it could be a presence in our lives that never goes away. For people who suffer from depression, it could be debilitating. Depression might feel like constant hopelessness, emptiness, or sadness. You might not have any pleasure in your daily activities and feel like life isn't worth living. It might affect your sleep or appetite, causing you to sleep too much or not sleep at all. You might even have thought about suicide or death.

When you are depressed, you will have a deep-seated feeling of loneliness. If you feel connected to the world and the Universe, the crown chakra is balanced and open. If you feel angry toward the Universe about your life, this shows your energy is out of harmony. Having an unbalanced heart chakra might cause depression because we aren't connected to ourselves.

Panic Attacks: The chakras that are affected are the root, solar plexus, and heart chakras. Panic attacks happen when we are struck with disabling, acute, and sudden anxiety. These can be accompanied by feelings of impending doom, shortness of breath, shaking, trembling, sweating, increased heart rate, pounding heart, and palpitations. These attacks can happen if we aren't connected to our heart chakra and don't listen to what it is telling us. The root chakra gets involved when fear and panic set in since our fear for survival gets triggered. If our heart chakra feels disconnected and we are in a constant state of fear, the solar plexus feels as if we have been punched in the stomach since our confidence and self-esteem live here.

3. Cancer

All the chakras are affected by this horrible disease. Cancer happens when cells that are abnormal get created and divide at an uncontrollable rate. They infiltrate and destroy good body tissue. This can happen on many levels and symptoms can vary depending on the part of the body that gets affected. Symptoms might include thick areas under the skin, palpable lumps, skin changes, weight changes, fatigue, and many others. Factors that can increase the risk of cancer can include environment, health conditions, family history, habits, and age. The Mayo Clinic has stated that most

cancers happen in people who don’t have any known risk factors. Cancer could be the result of deep hurt and resentment that has not been processed, denied, or ignored. It can manifest in toxic emotions, grief, or hatred that eats away at us.

These manifest on several levels because of a result of having an imbalance in certain chakras:

- Cancers of esophagus, larynx, and thyroid: Throat chakra
- Lung cancer: Heart and throat chakras
- Rectal and prostate cancer: Root and sacral chakra
- Cancers of rectum, colon, uterus, ovaries, and cervix: Sacral chakra
- Cancers of the pancreas, intestines, liver, and stomach: Solar plexus chakra
- Breast cancer: Heart chakra

4. Headaches

The chakras that are affected by this are the crown and third eye chakras. If you get headaches that aren’t caused by physical imbalances, it might be an indication that one of your chakras is unbalanced. If you have a headache in the front that includes symptoms of pressure behind the eyes or sinus pressure, this is usually disharmony in the third eye.

This type of headache might indicate that you have been focusing on your intelligence and you fear your spirituality. You can only see the reality in life, and you don’t trust your intuition. When these headaches happen, it is because you are ignoring the inner wisdom that you possess. If you get “hints” but never act on them, you aren’t honoring your third eye’s wisdom. You might feel like you need to pursue new opportunities, but you don’t do so. You might also experience a knowing that a specific person might be ill and won’t feel like being around others. You engage them anyway. Opposing intuitive hints could cause imbalance and discord with the third eye chakra.

If you have a headache on the top of your head in the center, it might be from an imbalance in the crown chakra. This might mean you have a hard time trusting your life path, or seeing the larger picture, or even finding

faith in yourself and your connection to the Divine. You might also feel unsatisfied or alone.

5. Reproductive Issues

Infertility: The chakras that are affected by this will be the solar plexus, root, and sacral chakras. If a woman can't conceive a child after many attempts for over one year, this is called infertility. Many will experience infertility, but the fear, and frustration that the woman experiences creates a lot of stress and possibly shame. The sacral chakra is the one that is affected because it is associated with the genitals and womb and because it is the seat of all emotions. Most people who deal with infertility battle with many severe emotions. It makes them wonder, "Am I making the right decision?" "Do I even want to be a parent?" "Do I have the right partner?" "I might not even be a good parent." "How is this going to change my life?"

There could be physical causes like high follicle-stimulating hormone, lack of menstruation, low sperm count, poor egg quality, and other issues could be to blame. Most of the time, there is a high stress level for the people who are trying to conceive. Since infertility can trigger family issues, the root chakra is involved, too. For people who are trying to conceive, added difficulty can develop if they are trying to have a family and aren't getting any support from a significant other. They might also be worried about passing on undesirable traits to their children. Making a new life is a challenge to a person's self-esteem, it can make them feel powerless and this becomes a solar plexus issue since this is our power center.

Uterine Cysts and Fibroids: The chakra that is affected is the sacral chakra. The Mayo Clinic states that uterine fibroids are growths that are in the uterus that aren't cancerous. They often happen during childbearing years. A lot of women may experience uterine fibroids sometime in their lives. Most of the time, they don't cause any symptoms but for others, they can grow to a large size and cause pain during menstruation, when having a bowel movement, or when you are digesting food. They can cause problems in breathing.

Cysts are sacs filled with fluid that are located on the ovaries. If there is a growth inside the uterus, it might be a sign that the sacral chakra is not balanced. There is an actual block to the reproductive area. The energy is

telling you that there is a blocked energy flow inside. You might be holding onto toxic, negative, and old thoughts, feelings, or emotions that are attempting to flow energy into dead ends. This could include relationships or jobs that you have outgrown or conflict with your relationships, reproduction, abundance, or creativity.

6. Joint Pain

Hip Pain: If you have problems with your hips that aren't caused by any physical trauma, there is usually a sacral chakra problem. Our hips hold onto a lot of unexpressed emotions that haven't been dealt with and that we keep avoiding. Since the sacral chakra is the seat of our emotions, we could cause an imbalance if we don't honor our feeling.

Chapter 18
Chakras and Positivity

In addition to enhanced psychic abilities, one of the most significant effects of chakra healing is the increase in our positive energy. Energy responds to energy and like responds to like. When we begin to open one chakra in our system, it can have a domino effect, stimulating opening and healing in the rest of the chakra system. As our chakras heal, stress and hurt begin to dissolve. We begin to forgive old hurts, process and heal past traumas, and see new hope where there was none. All of this dissolves negative energy in our system, leaving room for the positive, life-giving energy of prana to flow through us.

As we begin to vibrate with a higher, more positive energy, we raise the vibration of people and the world around us. Again, energy responds to energy and like responds to like. Have you ever been around a person who radiated joy, peace, and positivity? This type of person can shift the energy of a room the moment they walk in. It is nearly impossible to remain negative or angry in their presence. Such a person is exhibiting signs of a balanced, healed chakra system. When you meet such a person, you likely feel exhilarated, inspired, and energetic. You wonder what their secret is, and how you can learn it, too. We become willing to try - to work on ourselves and to examine our lives and our habits.

By spending time tending to our chakras, we too can become the type of person who radiates positivity and joy. We can become the type of person who inspires those around us to pursue their own development and their own healing. In this way, healing our own chakras is very much an act of service to the world.

All seven of the chakras have an impact on the positivity or negativity of our energy in different ways. Healing the root chakra increases our sense of safety and security; when we feel that the world around us is safe and that we have a right to be safe in it, our negative feelings of fear, insecurity, and greed begin to dissolve.

When we heal our sacral chakra, we feel safe to feel and express our emotions and our sexuality and to create new life of all kinds. Creation of

new life, whether that of children or that of ideas, always produces positive energy in the universe. We also release feelings of shame and guilt surrounding our sexuality, leaving room for positive energy surrounding our bodies and our natural drives and desires. We are able to celebrate our sexuality rather than repressing it, thus channeling both Shiva and Shakti energy that combine to go into physical creation.

Healing our solar plexus chakra removes our self-doubt and our false limitations, enabling us to move beyond our fears of not being good enough and our fears of what could go wrong if we step into our power. Fear is one of the most powerful negative energies there is, so clearing away fear opens up space for many more positive forces. Healing the solar plexus chakra enables us to own our own power and take responsibility and accountability for our own lives; when we feel in control of our lives rather than feeling powerless or like a victim, it releases very strong positive energy that we can then leverage to propel our lives forward.

The healing of our heart chakra creates and radiates immense positive energy in our lives. Like gratitude, love is one of the most powerful positive energies in our universe. When we heal blocks and imbalances in our heart chakra, we no longer fear connection and deep relationships with other people. We recognize the fact that we are all interconnected and we help others to recognize that fact as well. We are able to reach across boundaries and connect with others at the soul level, strengthening the collective consciousness. Healing our heart chakra also removes our sense of separation from our environment; we will feel inspired to take care of the world around us and protect it, thus raising the vibration of the planet as a whole.

When we heal and balance our throat chakra, we are able to communicate our deepest truths openly and lovingly. This communication through sound literally creates positive, uplifting vibrational energy. Opening our throat chakra makes us feel safe in our ability to speak our truths; in turn, we can then help others feel safe in speaking theirs. When people and communities are safe to hold open, transparent conversations, it results in positive change and higher vibrations for ourselves and the world.

Healing and balancing our third eye chakra clear our perception and helps us see the ultimate truth of the universe beyond the limitations of our physical sight and logical thinking mind. While logic can sometimes limit us through fear—we are afraid to do something because it “doesn’t make sense”—clear perception expands our horizons and opens us up to new possibilities. As we know, fear is a very low-vibrational energy; hope and possibility, on the other hand, carry high vibrations. When we see new possibilities, we can also act to step into leadership roles and enact positive change.

Healing and balancing our crown chakra connect us directly to the divine consciousness, our prana life force. The divine represents the most positive energy there is in our universe. When we open our crown chakra, we become a channel for that immensely powerful energy. We are able to communicate our spiritual truths and knowledge, helping to inspire and educate others and drive forward the progress of humanity’s spiritual evolution.

To reiterate a point previously mentioned, no one chakra is more important or powerful than another. You may be tempted to look at the positive energy associated with the crown chakra and try to jump immediately to that level. However, it is important to remember that the chakras constitute a system; they all need to be healed and balanced. We contain physical and spiritual components; we are all both matter and energy, human and spirit. Our ultimate healing will only happen when we embrace and heal both of these components.

Protecting Your Positive Energy

It is very exciting to experience the new flows of positive energy that come when you begin to balance and heal your chakras. To keep that positivity flowing, though, you need to commit to your chakra healing practice. You also need to have steps in place to protect your positive energy when people, emotions, and life situations threaten to throw it off. Remember, energy attracts energy and like attracts like. By keeping your own energy high-vibrational and positive, you will attract more of the same.

As you heal your chakras, your intuition will gain strength. This means you will become more attuned to your own energies and those around you; you will be able to notice more quickly when the energy of a person, place, or situation is “off” or negative. One of the best ways to protect your own energy is simply to listen to your intuition. Pay attention to the gut feelings, spontaneous thoughts, and intuitive nudges that you receive throughout your day. While we cannot always avoid negative people or situations, if we listen to our intuition, we can significantly cut down the amount of unnecessary negativity that we’re exposed to.

Similar to listening to our intuition, we should also strive to remain mindful. Mindfulness means slowing down, paying attention, and making sure that our actions and words are aligned with our true desires, beliefs, and intentions. It also means remaining present in the current moment rather than getting lost in guilt and regret over the past or worry and anxiety for the future. When we are mindful, we will notice shifts in energy much sooner, allowing us to identify areas where we might be developing blocks or situations that might threaten our positive energy. Practicing meditation and taking daily time to be still otherwise and reconnect with our energy is crucial to maintaining our mindfulness.

Protecting our positive energy does not mean burying our heads in the sand and ignoring the struggles of others. It is not a selfish pursuit. When we are able to keep our own energy high-vibrational, we can then act from a place of clarity and strength to help others rise and heal as well.

Chapter 19
Importance of Chakras To Other Body Parts

Chakras are important for so many different parts of your body. We 're going to make you feel good if they're all in harmony. But when the chakras stop practicing the way we should, you 're going to find it can be frustrating. If one chakra is out of alignment, it won't take too long until all the chakras begin to fail. You need to balance all the chakras correctly to make sure you receive all the advantages you're looking for. Until you can figure out how well your chakras work, you need to learn more about how all the chakras work and why you want to help them get better. Below are some of the benefits that you can get when it comes to interacting with your chakras.

The Root Chakra

The first chakra to look at is the root chakra. This chakra is in charge of your foundation and can help you to feel grounded in reality. You will be able to find this chakra near the base of the spine, kind of near the tailbone area. If the root chakra is functioning correctly, you'll be able to feel grounded in reality and feel extremely safe. However, some of the emotional issues related to the root chakra include survival issues including such food, money, and even financial freedom.

Balancing the root or the base chakra will help the negative emotions in your body to become released. This helps you to gain more of the confidence that you are looking for and will encourage you to move forward with your life. A balanced root or base chakra may encourage a sense of safety. And help you explore around in order to find your goal and achieve success. A balanced root chakra is also capable of generating energy flow all over the other chakras.

The Sacral Chakra

The sacral chakra is the one that is responsible for your connection and how well you are able to accept people who are different from you in your life. If you're having trouble trying out new stuff or meeting new people, there might be a question of your sacred chakra. This one is going to be found in your lower abdomen and it is near the navel and a little bit in. The emotional issues that are associated with the sacral chakra include having abundance, pleasure and how good you feel.

Balancing out the sacred chakra will help you feel more at home. confidence and energy in all of the aspects of your life. You 're going to feel very empowered, and your life just seems to float. People are going to be attracted to some of your good energy, and many doors will begin to open up for you. With a sacred chakra that's free, you 're going to be able to live right now in a moment and enjoy life to the fullest. You can also see that the endurance will increase, so that many physical tasks would become simpler.

The Solar Plexus Chakra

The solar plexus chakra is all about your level of trust. When you believe that someone else is in charge of your life or you can't decide by yourself, there might be an issue with the solar plexus chakra that doesn't work the right way. You'll be able to find the solar the plexus chakra in the upper stomach. If they don't work properly, it's hard to have the right amount of confidence to get things done during the day!

Being able to balance out the solar plexus chakra will allow you to feel a bit more centered in your spirit, body, and mind. You will be comfortable in your own skin and will be able to relax a bit more. The energy that comes from this chakra is You 're going to pervade a few of the other chakras, which allows you to alleviate some of the other psychological and physical problems that are going on in your body. It will also allow you to become a bit more aware of your own energy and how to be more comfortable with your own decisions, such as following your intuition or your gut feelings.

The Heart Charka

The heart chakra is the one in charge of your ability to love. She's in charge your feelings as well as how well then you can feel compassion or

not for others. If this one works well, you've got the right feelings and love for the people in your life. When it's closed or blocked, you may not feel love or concern for anyone, and when it's You feel emotions all the time, too free. because they're going overboard. You 're going to be able to locate the heart chakra right in the center of your chest. just a little above your heart. Emotional issues related to the heart chakra include passion, inner peace, and happiness.

Balancing the heart chakra will help you to enhance your love for others as well as the love you feel for yourself. It allows you to have feelings of forgiveness, empathy, and compassion for the world around you. When this chakra is in good working order, you are able to connect with a world vision of the beauty around you just like a child would. Harmony and peace are going to grow with this chakra in your relationships with yourself and others.

The Throat Chakra

The throat chakra is the one that is in charge of your ability to communicate. When it is working properly, you know when the perfect circumstances are to speak up and talk to others. You can have good communication with others without becoming shy or talking too much. The emotional issues that are along with the Chakra of the throat include communication, self-expression of feelings and the truth when speaking to others.

Trying to balance the throat chakra ensures that you can have more open communication and that you don't have as many problems to communicate your feelings. You are also able to do things without experiencing the judgement of others. It will foster more peace and authenticity in your actions and feelings, because you are able to live a life that is freer and more genuine.

A good throat chakra can enable you to be more successful in communicating inside relationships and even at work. It can be really important if you're in a profession that depends on self - expression and communication, so focusing on this chakra can be very important in some circumstances.

The Third Eye Chakra

The third eye chakra is all about your ability to focus on and see the big picture of what is going on around you. When the third eye chakra is not working properly, it is hard to see the other side of arguments or of the story and you perhaps you'll be too focused on a little bit, hang on to it for a dear life, and get into bad fights because you fail to extend your thought. And look at the full picture. You'll be able to find this chakra right on your forehead between your lips, and sometimes it's called the Brow Chakra. The emotional issues associated with this include insight, creativity, experience, and the ability to think and make decisions when it matters most.

Balancing the third eye chakra is going to help you to promote innovation, inspiration, and clarity. It is going to allow you to follow your dreams better and it will strengthen your natural spiritual connections and psychic abilities. When the third eye chakra is aligned, it can help you process the history of your own lives, which means that you can benefit from what you have done in the past, how to be present right now, and how to see the best way to achieve success in the future.

When the third eye chakra is well developed, you will find that your intuition is much stronger and even simpler, and that the interpretation of your dreams is quite straightforward. You will also be able to form a deep connection with the universal plan of your life. Once The Third Eye Chakra is capable of guiding you through your universal strategy, you will have a feeling of more doors and more opportunities to open up to you to help you achieve your goals.

The Crown Chakra

All these chakras come together to help you live a life that is full and complete. When all the chakras are in good working order, you should feel complete and relaxed. You will be able to understand other points of view, feel happy, and be able to love others around you. So, when one of the chakras is blocked or opened too wide, it's going to start affecting the others, particularly if you don't take the time to fix it as quickly as possible. The guide will spend some time thinking about some of the things you can do to help heal the chakras so they're all in good working order.

Balancing the crown chakra is really important if you want to have a deep and spiritual connection within yourself, with God, and with the universe. The energy that is able to enter and then leave this chakra will help to facilitate your flow of positive energy through the other six chakras. It is also responsible for helping to create the outlook that you have in life.

Benefits of Keeping Your Chakras Aligned

It is important to keep your chakras as healthy as possible for your good health. Your chakras are in a position to influence everything that you do, and there are many things that can make them unbalanced. From the little stress that's going on in your life to the diseases that you may be struggling with, it's not unusual to find that your chakras aren't as aligned as they should be.

In this modern world, it is particularly difficult to keep the chakras nice and solid. You want to make sure that they are providing the best benefit for yourself so that you can feel happy, show love to others and get the most out of life, Yet and there's so much that can relate to those chakras that make you feel ill or frustrated or have trouble getting through the day.

If you want to make sure that you are getting through the stress that comes with your modern-day life and you want to ensure that you are able to stay happy and healthy, then it is really important that you learn how to align your chakras. There are many ways that you can align those chakras and help you live a balanced life, you only need to choose the one that works best for your needs.

When you're finally able to align those chakras, you 're going to see such a huge difference in your quality of life. You won’t have to worry about feeling sick as often, or about being stressed out and anxious about all the little things in your life. You will be able to connect with others and feel welcome wherever you go, and you can make smart choices that are beneficial to you and those around you. Although many such people ignore their chakras and what they are all about, these chakras can be very important to your overall health and can help you change so many aspects of your personal life.

Chapter 20
Cleansing of Chakras
By Thought and Action

It is important to cleanse your chakras from time to time in order to lead a healthy life. Let us take a look back at all the different things that you can do to open up your body chakras.

Think positively

The very first step of the cleansing process is to introduce positivity in your life. Start by clearing out all the past experiences and start on a fresh page. It is important for you to focus on what lies ahead of you and then go about improving your life. Remember that positivity has a lot of potential and can help reach into the depths of your mind to help you eliminate negative thoughts. These thoughts are highly capable of blocking your chakras and us a must for you to eliminate them from your system.

Positive people

One way of introducing positive thoughts is by incorporating positive people in your life. If you are surrounded by negativity then you are bound to absorb the same. It is therefore important for you to be in the company of positive people and improve your mindset. If you think there are negative people around you that are causing you to develop negativity then you must try and avoid them at all costs. Once you improve your company, you will be surprised at the results that it has on your chakras and their healing process.

Mindfulness

Mindfulness is a very important activity that you can take up to influence your chakra healing. Mindfulness deals with remaining present in the current moment and then using it to focus on your chakras. You can visualize them opening up and healing themselves completely. These chakras rotate at a certain speed and you can monitor their movement by closing your eyes and focusing on them. You need not be at home or having

a leisure time to indulge in mindfulness. You can do it at any place including the office or an outdoor set up.

Meditation

Meditation involves focusing on your mind and breath. This helps in holistically healing the chakras. There are many forms of meditation to choose from and each one has an effect on a different chakra of your body. For example, you can make use of Kundalini meditation to affect all your chakras or use Qi Gong meditation to fix your crown, heart and root chakras. You can choose the type of meditation to adopt based on which chakra you wish to cleanse. But you must dedicate at least 30 minutes a day to the process in order to avail its full benefits.

Physical Cleansing

You must physically cleanse your chakras from time to time using either the stone method or the aura cleansing method. They are both quite powerful and will help you cleanse your chakras from the inside out. Physically cleansing the chakras will also help you keep them functioning better for a longer time. You need not always do it alone and can avail help from others to cleanse your chakras from time to time.

Chapter 21
Awakening The 7 Chakras

When you are available to ask yourself what you want out of your healing journey, you can welcome the reality of what it means to heal truly. There are a lot of possibilities for how your chakra imbalances will show up in your life and may have been so ingrained in your reality for such a long time, that you don't even realize that there are even any issues, to begin with.

What you get out of this experience of healing is entirely up to you and your personal goals with wellness and life happiness. Presence with your energy system and awareness of your specific healing goals is what will help you begin to question what needs healing the most in your life. For some it may be a physical issue; for others, it might be an emotional problem. Whatever your purpose for wanting to find a new method for healing, the results of your progress will be noticeable over a period of time.

So, what does it mean to awaken the chakras anyway? The chakras, as you have read, are all energy wheels in your body and they are always working in accordance with your overall life experience. When you are used to living a certain way, eating certain foods, working a certain line of work, going about your life with certain patterns, behaviors, and beliefs, your chakras are energetically cooperative to what you are showing them every day.

This means that if you are a chain smoker or an addict to some kind of substance, your energy will focus on only knowing that reality because it is what you are always wanting to give to it energetically. If you were to stop smoking or quit an addiction, your energy would almost immediately begin to shift to incorporate another kind of energy and it will probably be a more positive vibrational frequency.

Awakening the chakras involves a long-term healing program that you have to open yourself to as you seek to know another level of healing, transformation, and growth. When you start with some of these basic chakra healing techniques, you will begin to unravel some of the realities of how it

can feel to open these doors and purge some of the issues that are stored in these parts of your system.

It can be a difficult experience if you are not sure what is happening, but if you are aware of the goal of healing and some of the things that can happen through chakra awakening, then you may be able to find it less uncomfortable. You are also likely to experience intense feelings of joy, harmony, and bliss during an energy transformation, so it isn't all difficult, all of the time.

Essentially, chakra awakening is when you begin to start the sequence of shifting your energy centers so that they can readjust over time and begin to recalibrate your frequency so that you are living in a higher vibration. When you start your process, there are a lot of things that can occur and here are a few things that can begin to happen as a result of opening your energy for healing and balance:

- Painful memories and traumatic experiences, even as far back as early childhood and infancy can begin to surface
- Visions and altered dream states have been reported by many people
- Fluctuations in energy, either being overly fatigued and tired or having inexhaustive energy to do a lot more
- Change in attitudes or beliefs as your mental programming begins to shift
- Appetite fluctuations, as well as cravings for certain foods or beverages
- Emotional release in the form of crying, laughing, anger or frustration, often out of the blue
- Difficulty sleeping, or restlessness
- Humming, tingling, or buzzing sensation in the body
- Temperature fluctuations from hot to cold, back and forth
- The onset of cold or flu-like symptoms revolving around energetic purging and cleansing in the chakras
- Achiness in the muscles, bones, and joints
- Feelings of gratitude and compassion that feel overwhelming
- Expressions of great joy and feelings of abundance and prosperity

- Feelings of depression or heartache as a result of repressed emotions coming up to the surface for healing
- Life changes as in changing careers, moving to new cities, going overseas, taking a journey
- Significant relationships starting or ending
- Emotional highs and lows
- Physical practices changing, going from a sedentary lifestyle, to suddenly having an urge to exercise or practice other healing practices, like yoga, walking, or swimming
- Participation in new hobbies and community activities
- Finding a new life purpose or passion to explore

And more!

The list seems endless because there are so many ways that awakening the chakras can influence your life. As it happens, your body, mind, and spirit will work to repossess the original frequency that you had when you were a newborn baby. This was what you came into the world knowing as your original frequency and as you begin to grow, you receive the energy of the whole world, everyone around you, and all of the things that you are taught to know and believe.

This includes being shown how to eat food, or what is worth your time and energy, as well as how to worship and believe in something, or what you should be when you grow up. As a result of early life conditioning and programming, some of us may lose sight of original cause to be here and we go through our lives with a whole lot of other energy that we don't need, blocking our chakras.

Practices in working with chakra alignment have come into existence over the centuries and have continued to be utilized today to help many people reach their personal and private goals of awakening to the self and healing the energies from within. As you look forward to beginning this journey it is important to know some of the following things:

- Chakra awakening takes time and is different for everyone.

- Not all problems and issues can be resolved with these techniques alone; some issues may require the aid of a doctor, therapist, health

coach, yoga teacher, Reiki master, acupuncturist and others.

- All of the energy of your chakra system is unique to you and your personal tone of frequency and vibration. We are not all supposed to look alike, sound alike, and have the exact same chakra healing results.
- Generations of human beings have been looking for answers for how to heal the whole self and chakras are a part of the healing path.
- All of us have a chakra system and most of us are in a great imbalance most of the time.
- Awakening the chakras requires a consistent devotion and dedication if you are truly interested in making healing progress.
- You can always resolve your energy issues with focus and concentration, but they are never going to ask you to heal them; you have to choose to do the work.
- The chakras are a practice associated with other healing pearls of wisdom, such as yoga, Ayurveda, Reiki and more. Utilizing these practices in addition to what you will learn in this book will result in a faster progression of healing.
- Awakening the chakras is powerful and you will feel it on all levels: physical, mental, emotional, and spiritual.
- Awareness of all life and all matter will help you see more of your own possibilities as you are going through your healing experience.
- Ways to help you accept a deeper connection to your healing path will involve working with your intuition and benefiting from your own knowledge about how to move forward through your experience.

- You can work in whatever ways feel the best to you and are in control of your healing journey.

- Awakening is significant and will change your life, so it helps to know that you are ready to pursue that course of action.

- Chakra awakening leads to a life of personal power, open-heartedness, creativity, passion, dedication, speaking the truth, trusting your wisdom, and feeling connected to the whole of the Universe.

All of these points are here to show you some of the ways you can expect to move ahead easily. As you have read, the chakras are not only energy centers; they connect to your vital organs, your endocrine system, your emotional states and moods, your belief systems and values, and your level of overall health.

As you go forward through these part, ask yourself where you are feeling out of balance in your life and consider what you might start to awaken as you move forward on your healing path. When you are able to open your third eye, you will just know what to do and where to practice rebalancing and healing in your body centers. The main point of learning to heal yourself is to get to a place where you can hear and feel what your body is trying to show you. An open third eye will help you continue your chakra healing journey by showing you how to stay in balance and how to live a life of personal truth.

Chapter 22
Chakras and Energy Flows in the Human Body

According to the science of kundalini, man is a miniature universe. Everything that is present in space can be found within each person. The human body works according to the same principles by which the Universe functions. The excess of vital energy, which is not used to maintain the functioning of the body, is symbolically described as a coiled or resting snake. This is thought to be at the bottom part of our spinal cord, the chakra Muladhara. Potential energy is called kundalini. Kundalini is static support of the whole organism and all its pranic, or energy, forces. Kundalini is shakti in various human bodies. This is the static center around which any form of being moves. Kundalini - Divine cosmic energy in bodies.

Dynamic energy, which provides all the forces for the body to work, comes from the active energy of shakti and is called prana. A parallel with electricity is appropriate here. Electric energy is more subtle than mechanical. Its properties were studied and began to be used only in the last 200-300 years. Prior to this, the idea of electricity was foreign to most people. A similar situation is observed today with an empirical understanding of prana. Prana is an even more subtle form of energy that is still not seriously studied by academic science. However, it has been used for thousands of years by the culture of yoga. Prana is organized and distributed throughout the body according to the functions of its organs.

Are prana and kundalini the same? Prana is associated with maintaining the functioning of the mind and body. Kundalini in the form of prana-kundalini is identical to prana; however, kundalini can also manifest as consciousness and as cosmic energy.

Pranic awakening is only a prelude to the complete awakening of kundalini. Tibetan yogis see prana activation as a simple prerequisite for kundalini activation. This explains the difference between the pleasant sensations in the spine and the much more powerful experience of awakening the kundalini.

The Chinese qi concept echoes the Indian prana concept. Prana flows like an electric current through an intricate network of subtle nerves (Nadi), linking the body and mind together, maintaining the health of the whole organism. The life force of shakti in the body is also organized around certain centers. These are not physical centers, although they have physical correspondences in different parts of the body. Energy centers are called chakras. Chakras also determine the quality of consciousness.

Chakras have been an exciting topic of discussion for centuries. The ancient healers knew them well and turned to their amazing potential for balancing the energy flows of the body. Seers in all traditions were initiated into their symbolism.

The word "chakras" in Sanskrit means "wheels", "energy disks, or vortices." These vortices, invisible to the ordinary eye, in the human body spin at different speeds, because they process energy. A lot of Hindu literature is devoted to the human chakra system; the existence of energy centers is recognized by academic science. Diagnosis of the state of chakral health is made by scanning, "reading" the energy flows of the body. Violations of the normal functioning of the body are manifested in the aura and in the chakras, sometimes several months before they become noticeable on the physical plane.

Chakras are immaterial. They are variations of the state of consciousness; as such they are similar to the aura. Chakras are more in line with the physical aspect of our body – through both the endocrine and the nervous systems. Each of the chakras directly correlates with endocrine glands, as well as with the accumulation of nerves called plexuses. Suffice it to say, a chakra is related to specific parts of our body and its purpose.

By studying phenomena like chakras, auras, nadis, one can understand the nature of the subtle body.

There are many chakras in the body. They are located in the arms and legs, in the fingers - in general, everywhere. The main chakra is that of the one that corresponds to the spinal column. Each has its own color, sound, gem, smell, organ, mental characteristic, and karmic program.

The science of chakras is over four thousand years old. These energy centers are mentioned in the Vedas, later in the Upanishads, the Yoga Sutra

of Patanjali. In the 1920s, knowledge of the chakras was brought to the West by Arthur Avalon. Today, the chakras are a popular concept linking the areas of the body and soul with the metaphysical areas. It is stated: “There are four centers of the Higher power: heart, neck, head, navel. Each of these secret centers is controlled by a specific goddess or energy.”

Chakras, like feelings or ideas, cannot have a material form, but they have a strong effect on the whole body because they express the embodiment of spiritual energy on the physical plane.

Chakras are located along the spinal column from the perineum to the crown of the head. The location of the chakras is associated with various states of consciousness and the system of the body. Low-lying chakras (which are closer to the ground) are connected with the practical issues of life - survival, movement, action. The upper chakras are mental centers and work on a symbolic level through words, images, concepts.

Chakras can be considered as certain plasma fields that vibrate at a given frequency. Swami Satyananda Sarasvati calls the chakras the switches of neurochemical processes, each of which controls, directs and modifies the activities of everyone else.

In the tantric tradition, seven main chakras and hundreds of minor ones are indicated. Each chakra is associated with the endocrine and nervous systems and performs certain physiological and mental functions.

The universal life force, or kundalini, as spiritual abilities develop, rises along the spinal column, gradually penetrating into various chakras, each of which converts incoming energy into a form suitable for performing certain life functions.

Chapter 23
Ways of Aligning Chakras Beyond Meditation

In addition to meditation, there are plenty of other methods that you can seek out that will help to release and activate your chakra energies within. This part is going to look at what you can do when you're already meditating and still would like to open your chakras in other ways. After reading this part, you will have many options when you're looking to open up any of your chakra energy centers. As you're going to see, many of these techniques are able to target the chakras in different ways. This means that not only

will you have options when it comes to opening your chakras; you will also have variety in terms of how you're going about doing it.

Using Reiki to Align the Chakras

Reiki is a practice that's used to reduce stress in individuals and promotes optimal relaxation. When you attend a

Reiki session, you are going to lay on a table, similar to how you would when you're getting a massage. Taken apart, the "Rei" in Reiki can be translated to mean "wisdom from a higher power

," while the "Ki" can be translated to mean "life force" or "eternal energy." In other words, the point of Reiki is for the Reiki therapist to guide the energy of the individual towards greater harmony and alignment with the rest of the body. As you can see, Reiki has been known to directly influence the way in which chakra energy flows in the body.

When you're participating in a Reiki session, the therapist is not going to touch your physical body. Instead, you are going to close your eyes, and the instructor is going to place his or her hands

on top of your main chakra points. These subtle placements of the hands over the body is able to influence the energy within positively. Many Reiki

participants walk away from Reiki feeling revitalized, happier, and far more relaxed than when they first entered the

healing room.

Using Aromatherapy to Align the Chakras

In addition to treating yourself to Reiki, another way that you can align your chakras is through aromatherapy techniques. In opposition to Reiki, aromatherapy emphasizes the physical placement of essential oils on the chakra centers of the body, in an attempt to reach the chakra topically. You can perform aromatherapy on yourself by simply rubbing a drop or two of an essential oil of your choosing over the area of the body where the chakra energy is located. Below you will find a list of essential oils that can be used when you're looking to target a specific chakra area of the body:

Chakra	Best Essential Oils
Root Chakra	Patchouli oil or rosewood oil
Sacral Chakra	Jasmine oil or sandalwood oil
Solar Plexus Chakra	Peppermint oil or cedarwood oil
Heart Chakra	Cypress oil or geranium oil
Third Eye Chakra	Lavender oil or marjoram oil
Crown Chakra	Myrrh oil or helichrysum oil

Using Crystal Healing to Align the Chakras

If Reiki and aromatherapy do not seem like chakra aligning avenues that you're interested in taking, you still have the option of aligning the chakras through crystal healing. Crystal healing is all about surrounding yourself with the color that is associated with the chakra that you're trying to open. We've already discussed the colors that are associated with each chakra

along the length of the spine. When your eyes frequently see the color related to a certain chakra energy center, they're able to bring this stimulus to the energy that surrounds that chakra. Perhaps more significant, colors also have frequencies of light that travel along a wavelength.

When you use crystals as a way to balance the chakras, these wavelengths of energy are able to transcend the visual stimulus from the eyes and penetrate into the chakra in question. You can purchase

crystal stones rather cheaply, although there are one out there that are on the more expensive side. Another technique that could be useful is to first surround yourself with the particular chakra color that you're trying to embody. Next, find a place where you can comfortably meditate. Next, meditate on the color that you've chosen. With the crystals around you and your mind focused on that color, you will be able to tap into the energies with

in your subtle body.

Using Yoga to Align the Chakras

Lastly, developing a yoga practice that focuses on the seven chakras is a fabulous way to get in touch with energy that is unbalanced or needs some awakening. Generally speaking, any yoga pose that requires sitting down is going to be good for the root chakra. This includes stretching. When you're trying to focus on any chakra point in relation to yoga, you're going to want to make sure that you're paying attention to doing poses that will utilize the spine in that specific chakra energy center whenever possible. You could also link certain poses together and create a flow for yourself that targets each chakra to some degree. Seek out yoga classes in your area that perhaps emphasize chakra healing. If you find a class like this, don't be afraid to ask the instructor questions regarding chakra balancing. He or she will likely have even more techniques that you can try out.

In conjunction with a chakra yoga practice, chanting is also a great way to target a specific chakra in the body. Chanting can be done at either the beginning or the end of a yoga session.

Chapter 24
Methods of Chakra Healing

1. Meditation

Meditation is one of the most accurate ways to heal and balance your chakras. Vedas lay a great deal of emphasis on meditation. Unlike the western world, the Vedas don't see meditation as a way to calm the mind or settle down the mind chatter. Vedas consider mediation as the most concrete way to connect to your inner consciousness. With the help of meditation, you can build a razor-sharp focus and pinpoint your energies to the specific areas where it is needed. There is no other way to heal and balance the chakras so accurately.

Meditation is considered to be a superior medium for several reasons.

First, it is an internal process to channelize energy. It doesn't require any outside help.

Second, it brings the changes gradually, and hence your energy centers get appropriate time to adjust. There is no sudden and swift change of energy, which can be a cause of concern at times.

Third, Meditation increases your focus on your subtle energies and the energy centers. This also prevents frequent blockages.

Fourth, the chakras have a very delicate energy balance. The external mediums used to heal the chakras can also cause more damage as there is no way to judge the exact amount of energy push required. It usually works on a trial and error basis through external mediums, and your guess could be as right as mine. However, meditation brings the changes in a very subtle manner without causing any disturbance to the energy flow of other chakras.

Fifth, it is a healthy practice to keep your body and mind in sync. It calms your mind and also soothes your emotions. By practicing meditation, you will be able to give an outlet to your repressed emotions. Letting go of past memories and regressive thoughts also become easier.

The benefits of using meditation are plenty.

2. Yoga

To the western world, yoga is primarily a way to remain physically and mentally fit. However, the Indian Pranicsystem or the Vedic system considered it much more.

In the Vedic system, the Yoga has 8 arms.

1. Yama (Moral Codes)
2. Niyama (Self-Purification and Study)
3. Asana (Posture)
4. Pranayama (Breath Control)
5. Pratyahara (Sense Control)
6. Dharana (Concentration)
7. Dhyana (Meditation)
8. Samadhi (Assimilation with the Universal Energy)

As you can see, the first four parts are about controlling the body and the mind. They address the issues that are faced by the body. Through various postures, breath control, and self-purification, you make your body healthy and fit. These things give you the power to keep your body aligned.

The rest of the four parts of yoga are not physical but more concerned about mental and emotional development. As you can see here, the 7th part of yoga is meditation. So, both yoga and meditation are used for the same goal. They are part of the same sequence. As you can see, even in Yoga, the ultimate goal is to get one with the universal energy. In the Vedic culture, all parts ultimately lead to one goal, and that is the final liberation of the body, mind, and spirit.

However, in yoga, there are specific asanas or postures that can help you in putting the right pressure on the required chakras. You can also do yoga to keep your chakras well.

3. Crystal Healing

Crystal healing is a simple way of healing the energy imbalance by using stones. You may wonder, how can a stone, an inanimate object corrects an

energy balance inside the body. It may look like a superstition.

Now, think of uranium. It is also an inanimate object, yet, if you stay close to it, you can get irreparable damage to your body and your mind. You don’t even need to touch it or come in direct contact with it. You may simply answer that it is a radioactive material, and that’s why it affects us. Radioactive nature is also a form of energy. Every object in this world has its energy. The energy is usually very subtle, and we can’t feel it. However, the subtle energy centers in our body can feel this energy, and by using these stones, you can help in restoring the energy balance. If there are chakras with low energy, you can use crystals that can empower those chakras and help restore the balance. Similarly, in the case of overactive chakras, crystals can be used which absorb that kind of energy.

However, before you handle any crystal, it is important that you ensure that the crystals are of the right type and quality. Using inferior crystals may not have any impact on your energy levels. This doesn’t mean that you have to buy costly crystals like a diamond. You can use affordable alternatives, but the crystals used shouldn’t be inferior or broken. If a stone turns pale over a period of time, please change that stone.

Before you start using any kind of crystal, it is important that you clear them for any kind of residual energy. You will certainly not be the first person to handle the crystal which you would be using. This means that the crystal would have come in contact with several people in the past. Crystals can retain energies for a very long period, and that may work against you as the energies retained by the crystals may also be negative. To ensure that this doesn’t affect you, please clean the crystals carefully before using them.

There are some very easy ways to clean the crystals:

- Wash them under running tap water. Keeping them under flowing tap water of around 15 minutes can remove negative energies
- You can simply keep the crystals under the moonlight for 3 nights consecutively. But, ensure that they do not come in contact with sunlight as it can damage some crystals.

- Keep them in a bowl of sea-salt. This will also remove negative energies. Wash them with fresh water after taking them out of sea-salt.
- You can also bury crystals in the ground at night and take out the next morning to remove negative energies.

Keeping the stones close to your body or keeping it exactly on the affected chakra location can help in healing the chakra faster.

4. Essential Oils

Ayurveda, the branch of Vedic medicine followed in ancient India, played a lot of emphasis on plants in our health. It states that there are several plants that have strong medicative use in our lives. Using those plants in various forms can help in treating problems of various types.

Healing energy imbalance in the chakras is also one among them. There are many exotic plants that produce certain herbs that can influence the energy levels in your body. Extracts from such plants can be used in the form of essential oils to treat many types of energy imbalances.

There are many popular ways to use essential oils. You can mix the essential oil in any carrier oil and apply it directly to your skin in the affected area. This can help in restoring the energy balance.

These essential oils can also be used for aromatherapy, where it is used in incense sticks for soothing your sense through fragrance.

5. Lifestyle Changes

Our actions affect the way our energy system works. The easiest way to understand is to know Newton’s 3rd law of motion. It says that every action has an equal and opposite reaction.

When you scold a person or get angry with someone, you are not only causing hurt and pain to that person, but your internal mechanism is also getting affected by the scorn of yourself. You don’t remain unaffected by this explosion of energy. It is a natural reaction. Similarly, if you smile after looking at someone, show affection, or do some kind deed for others, you will see a softness of emotion developing inside. This is simply a reaction

of the kind deed. All this is to prove that every action in life will affect your chakras.

For instance, if you have a habit of lying too much or you are a habitual liar, your throat chakra will always be out of balance. It can make you even more talkative as that is the side effect of excessive energy in this chakra, but that doesn’t make it good. The best way to bring balance to the overactive throat chakra is to stop lying compulsively.

Similarly, there are many simple ways to keep the chakras in balance. You wouldn’t need a lot of effort to do that. So, if you know the chakra with an imbalance in your life, you can start following those tips.

6. Reiki

Reiki is a powerful Japanese healing technique that works on similar energy principles. In this technique, a trained Reiki master who has developed healing powers can help you by finding and healing the energy imbalance in the body.

Reiki masters are trained extensively to detect the obstruction in the flow of energy, and they use it for healing problems. If you are facing any problem in your energy centers, you can take the help of Reiki masters. As I have stated earlier, this help should not be taken to activate the third eye chakra spontaneously, as managing its energy can become difficult for you.

Chapter 25
Improve Your Aura

Have you ever thought about how the condition of your chakras can affect your aura? Do you know what your aura is? In this part, I will explain what your aura is and how cleansing your chakras will help to give you a more positive aura that will bring people to you.

What is An Aura?

An aura is an energy fields that surrounds a person. This energy field is controlled by the person's thoughts, feelings, and actions. The aura that surrounds you is in color, and that color will change depending on your mood or your actions. As an aura gets positive, it expands, while when there is negativity in an aura, it gets smaller.

Chakras and Auras

Just like a chakra can determine how well you handle life's circumstances; an aura can tell if your chakras are in balance or not. Judging by the color of your aura, you send people messages about yourself and how you're thinking and feeling. If you have a lot of negative thoughts, then your aura will be dark and small. You would rather that your aura be light and clean. So, by cleansing your chakras, you will be able to lighten your aura and become healthier and happier.

Chakras and auras work together to provide for wellbeing. If your chakras or aura is out of balance, then you can experience many health issues, both physical and emotional. So, by being aware that there are blockages or holes in your chakras or aura will help you to find ways to heal and be on the road to a healthier life.

Cleansing your Aura

As stated above, having a clean aura is essential to overall health. Let's take a look at some ways that you can work on cleansing your aura to make your health take a positive turn.

If you know that your aura is negative, then you must work on eliminating the negativity from your life. This could be a circumstance or a person, or both. Take some time and pinpoint what is causing the negativity in your life and finding a way only to let positivity flow. Make your surroundings bright and cheerful. Surround yourself with people who are bright and cheerful. These influences will help you to find a positive aura in your own being.

Along with your surroundings, take time to surround yourself with colors that help you feel positive. For me, the colors blue and green create a sense of calm and peace in me. So, my surroundings are usually these two colors. By looking at these colors, I am able to calm down and relax in a positive way. Another way that I calm myself is through music. I use instrumental music, usually accompanied by natural sounds. Since I live in the city, I find it difficult to get into nature often, so this type of music helps me focus on nature.

As with cleansing your chakras, cleansing your aura can also be obtained through your diet and exercise. Don't be afraid to get rid of the junk you're eating and replace it with healthy and nutritious food. Not only will your body thank you, but your chakras and your aura will as well. Exercise will help your body feel better and help you maintain a sense of wellbeing. Make it a habit to get some sort of exercise on a daily basis. The better your body feels, the better your aura is going to feel!

Since your aura is linked to your chakras, try using some of the methods that you use to heal a chakra to help you cleanse your aura. You will know when you have accomplished this when you begin to feel happier and more at peace with life. This includes physical, emotional, and mental wellness.

Taking it One Day at a Time

Does all of this sound a little bit overwhelming to you? If you find that you have several issues in your chakras and auras that need to be dealt with, then you might feel a little panicked by the thought of healing and cleansing. However, just like with life changes, changing your habits to heal and cleanse are not things that can happen overnight.

Try making the changes to your routine one day at a time. If you feel like it makes sense to make your schedule before you begin, then do that. Plan one day at a time and do what you can to make your schedule work. Life happens and it might not always be possible to live your day the way that you have planned on the page. That's okay. At least you know that you're trying to heal and cleanse.

Tomorrow is a new day. If you feel like you failed at your routine today, start new tomorrow. The biggest mistake that you can make is letting failure win. Just like with a diet, if you give in and eat a chocolate cake, it's not the end of the world. Look at tomorrow as a fresh beginning and know that you're going to do your best no matter what. Once you begin to get in your routine, then it will start to feel natural and you won't feel so out of place.

Don't be discouraged if you don't feel better immediately. Just like a cold, healing isn't instantaneous. It takes time and effort to make you feel well. Just keep at it and eventually, you will realize that you are feeling much better and that is a great encouragement.

Life changes might bring new challenges to your chakras and aura. Take these in stride and deal with them as they come. If you get overwhelmed with new things, pick them apart and realize how they affect you and how you can effectively deal with them. For example, you have been doing great with making it to your yoga classes. Then you fall down the stairs and sprain your ankle. The yoga classes are on hold until the ankle heals. What do you do now? Look at the situation as a whole. The sprain is not a permanent condition, so take some time and look at other things you can work on to help you cleanse and heal. The ankle might just be giving you a chance to focus on another aspect of your life that you never even thought of.

Take life in stride. Life is unpredictable and how you handle it will make a huge difference in how you heal and cleanse. One day at a time and you are on the road to a new and happier you!

Noticing Improvements in Your Life

The toughest part of healing and cleansing is noticing the results. As I have stated before, these changes don't take place immediately. However, in order to stay encouraged and able to continue on your journey, you need to know what you're doing is helping. In this part, I will give you a few tips on how you can measure your improvements and successes over a span of time.

Keep a Journal

I find that keeping a journal and writing about my thoughts, feelings, and experiences helps me to gauge progress in my life. When I look back at prior journal entries, I will be able to notice that I may not struggle with the same problems I did just a few weeks ago.

Take a blank notebook and write down your thoughts, feelings, and anything else you feel might be relevant on a regular basis. After that, have a set time when you go back and read what you have written and note your improvements. Sometimes improvement is too subtle to notice without really looking back and looking for progress.

Keep a Food Diary

This is along the same lines as a journal, but it concerns you’re eating habits. You can also do this with a blank notebook. Write down the foods you have eaten every day and what colors they were. Note if these colors relate to the color of the chakra that you're working on.

By focusing on what you're eating, you will see how your nutrition is improving in order for you to feel healthier and help you heal and cleanse your chakras and your aura.

Make it to the Gym Regularly

It has been stressed time and again that exercise is a key to health. Exercise will help you physically, emotionally, and mentally. By making time to exercise, you're helping yourself in all of these areas. Make it a habit to do it regularly, even if you don't feel like it. Making the effort is the first step to making sure that you are progressing in the goals that you are setting for your healing and cleansing.

Talk to Others

Talking to others is a great way to see if you're making progress. Other people can notice changes in you that you cannot see in yourself. Also, spending time with friends and family is a healing activity within itself. Ask your friends and family if they have noticed changes and if so, what they are.

Your friends might notice that you are looking healthier and have seemed to lose weight. Another friend might comment on how happy you look. These are all ways to help see that what you're doing is working.

If you can't see any changes in a certain time period, then it's time to reevaluate what you're doing and change it. You want to heal, and if what you're trying doesn't seem to help, then it might be time to try another suggestion. Maybe your focus is in the wrong place or you're going about the changes in the wrong way. Don't be afraid to change your routine if it's not working.

There might be other ways out there for you to try and track your successes and failures. Be creative and find something that will help you to accomplish your goals of healing your chakras and cleansing your aura. As stated many times in this book, your chakras and aura are directly linked to your health and your overall wellbeing. If you have the ability to make changes to improve your health and wellbeing, why not take them?

Change is hard, but worth it in the end if it is a positive change. Focus on what you want out of your life and make the changes to help you achieve it. Having clean chakras and a clear aura are good ways to make you feel happy and positive about your life and its direction.

Chapter 26
Guided Meditation on Aura Observation Psychological Perception and Spiritual Enlightenment

Meditation, a word derived from the Latin word 'meditation' refers to a conscious state of self-reflection, self-awareness, and self-expression. In Latin, the word 'meditation' means to think, to contemplate or to ponder. Guided meditation, therefore, refers to a type of meditation where there is a teacher who is leading or guiding you through meditation. The teacher may be in person or via audio or video. It is recommended that you have an expert who will lead you through the basic steps when starting out your meditation practice. Whatever skills we want to learn in life, the first important thing is to get an experienced teacher who we can relate to and trust. However, when it comes to exploring the complexity and subtleties of the mind, having an experienced teacher is not just important but is essential. The first step is understanding what we want to achieve through meditation before embarking on a lifetime journey. In traditional meditation, the first lesson that meditation students are usually taught is how to view the contents of the mind. With this, they learn how best to approach the different exercises and how to get the best from their meditation practice. The next step that follows is always on how to become more proficient and this involves learning how to fold the calm and clarity which is usually developed into an everyday meditation practice.

Best Possible Life Chakra Meditation

Guided meditation for observing auras, telepathy, psychic awareness, and spiritual enlightenment is a powerful meditation that can turn your life around and you will enjoy life in every possible way. At first, guided meditation for observing auras, telepathy, psychic awareness, and spiritual enlightenment will require that you commit a lot of time. However, as you pay more attention, things will become easier and even will consume very little time. This guided meditation seeks to help you have a vision of how best you can be in the future. When beginning this meditation exercise, you

are likely to have some difficulties especially on how to remain focused to observe auras, telepathy, psychic awareness, and spiritual enlightenment. Let's have a look at how one can meditate;

1. First, collect your mind and then imagine yourself in the future as best as possible. Think about yourself having all the seven primary chakras. After having this imagination, now admire yourself for having taken this path. Therefore, using this connection, now proceed to view your future self and think of it as if it were your own current energy body.

2. Beginning with the crown chakra which is the seventh chakra, do a comparison between the feelings of your current energy crown with the feeling that comes from the best possible future crown chakra. Be keen and try to identify the differences in the flow of energy, try to notice the differences in texture and color. In case you find a huge difference between your current crown chakra feeling and the future crown chakra feeling, try to trace this feeling (how you felt when you imagined of having crown chakra). Carefully observe and note the fine distinctions and details of these experiences.

3. Now, I want you to have a feel of the love energy line. This is what connects your current energy body with your self’s best possible energy body in the future. While doing this, make sure that you notice the feeling of crown chakra particularly the feeling that yourself in the best possible future. After doing this, try to bring your current crown chakra up in such a way that it exactly matches this feeling. Doing this might affect other chakras in your energy body. If you experience such a change, relax, and convince yourself and be aware of the energy body. Look at it as if it is its best configuration. Just note although each chakra is sensitive to change, it should not affect its neighbors. Take things slow and eventually enjoy this new feeling of the crown chakra.

4. Repeat the second and the third processes above for the third eye chakra (sixth chakra). Have that feeling of love and appreciate what you have become even if you are still not at your best possible future self. Try to imagine the feeling that will come from this sixth chakra after its optimal configuration. Relax and take some time, enjoy

this moment with all your senses. While enjoying all your senses, be keen to notice the subtle differences that come with the feeling. Therefore, smoothly shift your current body’s energy sixth chakra to its best optimal configuration.

5. Now I want you to repeat the second and the third steps but now for the throat chakra (the fifth chakra). Relax and take your time. Try to imagine the feeling that will be experienced after having configured your throat chakra perfectly. How does it feel? After developing a clear and perfect feeling of how this chakra is, bring back this feeling so as to match your current fifth chakra (throat chakra).

6. For the heart chakra (the fourth chakra), repeat the second and third steps. The fourth chakra is responsible for compassion and love. Try to imagine yourself with these two feelings How does it feel when you imagine yourself as being compassionate and loving to all those people around you? After having identified how it feels, note them down. Now, bring these noted feelings to match your current heart chakra. This is a feeling that should be embraced. Therefore, ensure that you hold on to this feeling.

7. For the third chakra (known as the solar plexus), repeat the second and the third steps above. This will become your center of communication linking you to the world outside. Of the energy centers you have, this perhaps is one of the most powerful and the reason behind this power is because it manifests what you as an individual want in your life. By holding on the plexus chakra energy, try to imagine the feeling of how your future self at its best possible way. Do you have a clear and strong feeling? Or even a clean and vibrant feeling? If you feel so, then it is your current solar plexus chakra energy. Now, shift your energy and focus to match the solar plexus chakra with your future self in its best possible way.

8. For the Hara chakra (the second chakra), repeat the second and the third steps above. This chakra rests just below your navel. The hard chakra is the chakra that makes you to pick up and carry other peoples' stuff inadvertently. Do a comparison of your body's current energy with how you would be in the future if you perfectly adopt the

second chakra. Note how different the feeling is. Apply the second chakra and enjoy.

9. Finally, for the first chakra (the root chakra), repeat the second and the third steps. This chakra is at the base of your spine. The root chakra is the chakra that allows you to stand up for yourself and make important personal decisions. It makes you feel centered and important. Therefore, note all the sensations that are brought by your perfectly adopted root chakra. Now, used all these sensations to fit your current body energy,

10. Now that your chakras have been transformed, take some time, and try to feel the integration of your chakras. Also, take some time to feel how your chakras interact with the people and things around you. Be keen to note how everything goes during your daily life. Is it different from the usual days? Most probably, you will have the best feeling about yourself and the best of the feeling of the events around you.

Chapter 27
Mistakes to Avoid
While Awakening Chakra

Since the process of awakening your third eye is so personal, there are very few mistakes that you can make when you are doing it. However, there are a few that are common and can actually be considered mistakes. If you are wanting to awaken your third eye, you should be aware of these mistakes so that you can avoid them in your own journey.

Many people become so excited about what life with an awakened third eye can be like that they want to rush the process and get to the end. Unfortunately, this actually destroys their ability to awaken their third eye truly. Instead, they may feel frustration or disappointment or confuse other things for their third eye. This forced experience can really destroy the entire purpose of the process and can make it very unenjoyable for the person experiencing it.

The purpose of awakening your third eye is to have your own journey towards connecting with your inner self and the universe. Although this is an incredible outcome, the process is every bit as important as the result. If you want to awaken your third eye, you need to be willing to take your time and do it properly. This is not something to be rushed for the "status" of the results. Instead, you should understand that this has nothing to do with status at all. Someone who is truly awakened understands status is a mere illusion, and rushing the process will not earn you status, but rather will destroy your results.

Comparing Your Experience to Someone Else's

This journey is so personal that there truly is no way to compare your experiences to someone else's. While sharing is enjoyable and even beneficial, wondering why your experiences have not been the same can be exhausting and can take away from the experience as a whole. You need to be willing to divorce the idea that you should be having the same experience as others or that you are wrong if you don't. Your experience is uniquely yours, just as theirs is uniquely theirs.

Discrediting Your Experiences

Many people discredit experiences they have relating to their third eye because they are afraid to admit that they are actually having the experiences. Just because you want them and are working towards having them doesn't mean the entire process isn't sometimes a little surreal or illogical. When you are awakening your third eye, try not to brush things off as "coincidence". Part of awakening is realizing that coincidences aren't real and that everything happens for a very valid and logical reason, even if you can't see the logic in what has happened. You will eventually understand, but in the meantime, don't try and find reasoning for everything by labeling them with words such as "coincidence". Instead, hold space for the true reason and allow yourself to go forward without having to know why certain things happened. Don't discredit your experiences.

Focusing Too Much on the Third Eye

Excessive focus on your third eye without grounding and connecting to the physical plane can result in overstimulation which can lead, increased and unwanted visions, anxiety, being overwhelmed, seeing an excessive number of things that aren't there, and even feeling a total disconnect from the physical realm. You might feel as though when you are walking your head is "in the clouds" and this can lead to a great deal of anxiety. If you begin to feel like this, you can reverse the symptoms by focusing on grounding and bringing yourself back down to Earth. Give yourself a break from third eye meditations and focus specifically on rooting yourself back into your physical reality.

Being Ashamed of Your Journey

Some people who begin to embark on the journey of spirituality and awakening the third eye experience a sense of shame around their journey. This is typically a result of going against what was taught to them as a kid. Sometimes they believe that seeing things that aren't actually there would be interpreted as them being crazy, so they are ashamed to admit to their journey and share it with other people. If you are experiencing feelings of shame, you should seek towards healing these feelings. This would be a good place to start when you are healing your third eye during the awakening process. You should also seek to connect with other people who

have awakened their third eye so that you have people who can help support you during the journey. This can help you feel more confident and supported as you go through this, as it can sometimes feel vulnerable which can lead to the shameful feelings that some people experience.

Ultimately, the best way to avoid making any mistakes during the journey is to tune in and keep it personal truly. Let yourself follow your intuition and your heart and trust in what they are telling you. If you feel guided to seek support from others who have gone through the journey themselves, or who are actively going through the journey, then you should listen to this guidance. As long as you honor yourself and your journey, you should feel completely supported and fine. If anything feels like it is not going right or you are feeling out of alignment, take the time to tune into your intuition and see what you need to do in order to adjust your course and find a more comfortable space for yourself.

Chapter 28
The Psychology of Chakras

The study of chakras tends to take on a slightly Eastern or Buddhist feel, and this makes sense since this is where the chakral tradition originated. One of the aspects taught within the tradition is that of balance. As you learn about the chakras you learn how to recognize when they are blocked or closed and how this can affect your overall sense of balance and wellbeing.

Exercises in yoga and meditation are designed to assist in opening blocked or closed chakras, thus allowing your energies to flow more regularly. Needless to say, the pursuit of spiritual balance and wholeness is something which should be regarded in the highest esteem, seeing as most traditions believe that such a pursuit is the ultimate purpose in life. However, there is another way that chakral knowledge can be used to unlock and even improve your life. This alternate system is the psychology of chakras. In short, this system will enable you to discover which chakra is your dominant chakra and how to put this information to better use. Rather than seeking to open up and nurture all chakras, this approach encourages you to recognize which chakra represents you in this life. Knowing which of your chakras is dominant will help you to pursue a life that is more in step with the natural abilities and inclinations that your dominant chakra provides.

Until you begin the process of finding your dominant chakra, you need to understand that having a dominant chakra isn't necessarily a bad thing. One major danger that many people face as they seek balance in their lives is that they tend to see dominant patterns in a negative light. Something Suddenly, that is dominant is seen as something that is too powerful or that requires too much energy or focus. Although there is some truth to this, the overall nature of dominant trends can In addition, be a very positive thing. The best way to explain this is with a sporting analogy. Imagine a baseball team. Each player in the team has a specific role that they play. The pitcher is responsible for pitching, the catcher for catching and the other players for fielding their particular position. In addition, each player has a certain amount of batting strength.. Mostly without fail, the pitcher is the least

competent batter and is therefore placed at the end of the batting order. What makes the baseball team successful is that every player is the best in his or her particular position. The dominant team pitcher, the best catcher and the top players in the other positions is the team that's going to be the hardest to defeat. Furthermore, whenever it comes to training, each player is trained to improve their specific skills.

The last thing you would want to do is to give the pitcher extra batting practice in order to try to make them the best hitter. Nor would you want to take your first baseman and start training him to be the best pitcher. No coach ever encouraged their team to be equally good at all things. The end result of that would be a team of mediocre players. Instead, the most successful coaches are the ones that follow the axiom ‘play to your strengths’. This approach means that a coach discovers a player’s natural abilities and nurtures those to the point where the player is the best that they can be. In this light, not only is having dominant qualities not a bad thing, rather it is something that can be very beneficial, both to the individual player and to the team as a whole.

The same trend can actually be seen in nature as well. Needless to say, nature is no dummy. Therefore, any system that is put to use in nature must necessarily be a system worth considering in our own lives. When you look at different animals you see that each species has certain dominant qualities. Birds of prey, for example, have better eye sight than just about any other animal. Lions and tigers have extra strength and speed, necessary qualities for chasing and killing prey. In the end, every species has a dominant quality that enables them to fulfill their purpose in the grand scheme of things. This is the important lesson about dominant qualities. When you discover your dominant chakra, you discover the specific qualities that are inherently stronger in you. Once you understand this then you can recognize the calling that your life has. After all, the only reason you have dominant qualities is to enable you to perform certain tasks better, thereby fulfilling your purpose in the grand scheme of things. Understanding that nature has given you certain tendencies in abundance is the first step toward fulfilling your intended destiny.

Fortunately, the process for discovering which chakra is your dominant chakra is actually very easy and straight forward. Each chakra has its own

unique qualities, which makes it easy to distinguish one chakra from another. Therefore, all you really need to do is to examine specific qualities within your day to day life in order to figure out which chakra is dominant. Perhaps the easiest chakra quality to pinpoint is one that almost everyone takes for granted—your favorite color! Everyone has a favorite color, and this color usually shows itself in the clothes they wear, the color of the car they drive, and even the color carpet or curtains they choose to decorate their room or even an entire house. While a person's favorite color is usually seen as little more than an aesthetic value the truth of the matter is that a favorite color is the tell-tale sign of that person's dominant chakra. Therefore, when you determine your favorite color you will determine which of your chakras is dominant, and thus, which qualities define you as a person in this life.

If your favorite color is red, then your root chakra is your dominant chakra. This means that you are focused on the more basic elements of life, such as financial survival, a stable home and the day to day necessities. Characteristically you will be more focused on the simpler aspects of life, and such things as fame, fortune and glamour will be far from your mind. You will probably find that you are happy in the same job for a long time, not needing to change scenery as much as others. Additionally, you will probably be happy with a less extravagant job, something that is fairly predictable and down to earth. Jobs such as construction, gardening, farming, animal care and even craft or hobby-oriented industries will probably appeal to you the most. Pursuing a career in any of these areas will provide you with an increased sense of satisfaction, making your day to day life that much more rewarding. Additionally, helping others to pursue a life in these fields will give you a sense of purpose in the bigger picture. The energy of the root chakra shouldn't be misinterpreted as a qualification for leadership, as root chakra people often prefer to work alone. Therefore, avoid any occupation which places you in a position of responsibility over others.

Orange is the color of the sacral chakra; thus, it is the favorite color of anyone with a dominant sacral chakra. This is the dominant chakra of artists, musicians and anyone with an expressive personality. Sacral dominant persons love life and see the beauty in almost every aspect of the world around them. Poets, painters and even architects can trace their

abilities to the dominance of the sacral chakra. If you know that you have creative abilities, especially in the areas of art, poetry, and even theater then you have your sacral chakra to thank for that. These talents should be pursued at all times, as the more you express yourself is the more you fulfill your chakra destiny. Not only will your expressions help to increase your personal energy and sense of self, but they will also enrich the people who come into contact with them. Imagine how dull and boring the world would be if every artist and musician had ignored their inherent talents. Therefore, see your gifts as the chance to make the world a more vibrant place by sharing your vision with those around you.

If yellow is a color you like more than the rest then you have a dominant navel chakra. In this case you will have a strong sense of self, and this will translate into a rock-solid will power. People who have a dominant navel chakra are natural born leaders, not given to following orders or submitting to others. These people thrive on problem solving and achieving goals, therefore they make excellent leaders in the business world. Additionally, such skills as self-control and self-confidence mean that navel chakra dominant persons are often right at home in the military. The initial stages of following orders and answering to superiors will be a tough road to travel, but when these people reach higher ranks they will feel perfectly at home in their environment. Following a career path that utilizes these qualities will prevent a lot of the frustration and dissatisfaction that would come from a job that ignored such attributes. Furthermore, a natural born leader will improve any environment as they will lead their subordinates to success time and again. By following a career that allows you to lead you will fulfill your role as a leader and source of inspiration to those in your charge.

The heart chakra is characterized by love and compassion, and these are traits often found in people who favor the color green. If green is your favorite color, then the chances are you want to bring warmth and healing to the world around you. It is probably your life’s ambition to recognize and bring out the best in others, thereby increasing their sense of happiness and contentment. Any environment where you can offer support or a shoulder to cry on is an environment you will thrive in. Medical professionals are green people, and their patients benefit from their heart chakra qualities. Any charitable organization benefits from the presence of heart chakra people.

This is probably the chakra most associated with service for others, and so self-sacrifice is probably a common experience with anyone favoring this chakra. While self-sacrifice sounds like a no-win situation, the bottom line is that it can be a huge source of energy and vitality for anyone with a dominant heart chakra. Just as fish suffocate in the air, so too, a heart chakra strong person will suffocate in a self-serving environment. They can only thrive when they are devoting their energies to the service of others. Following a path that puts self-sacrifice to good use is critical if you are a heart chakra dominant person.

One of the most common of favorite colors is the color blue. Since blue is the color of the throat chakra, which is the seat of communication, this makes a whole bunch of sense. After all, the modern era of internet technology is often referred to as the information age. Since information is the stuff of communication, it stands to reason that blue is such a common favorite. Communication can come in many shapes and forms, but the two forms that are most prevalent today are spoken communication and written communication. Therefore, if you have the proverbial gift of gab, then the throat chakra is your dominant chakra. Finding a career that enables you to speak to others is in your very best interest. Teaching, lecturing, and even advertising is just some of the options available to you. If writing is your preferred method of communication, then the scientific and academic worlds are probably where you will thrive. Most scientific and academic fields require huge amounts of research and writing, thus anyone with strong writing skills will feel most at home in these environments.

Conclusion

If you've been struggling to overcome a certain issue, this may be the answer that you've been searching for. While not everyone believes that chakras are valid, for those that do, chakras inform their life in a significant way. You may begin to see the world through the lens of the chakras within your body, as your understanding of this energy pathway is now more fully formed. How so?

For example, if you have been unusually angry lately for no obvious reason, in the past you might be at a loss when it comes to correcting the problem. However, now you may recall that the Solar Plexus chakra can provide you with self-confidence, but when it becomes blocked one of the common results is feelings of anger. By referring back to the instructions on how to unblock the Solar Plexus chakra, you now have a method to combat negative emotions which arise in your life!

Yet, after covering such an extensive amount of information, you may not remember all that you've learned. First, you saw just what chakras are, what colors are assigned to them and their locations in your body. Built upon this foundation of general information, you then went deeper into the specific problems which blockages can create.

Certain physical problems can be associated with a specific chakra, and you read just what types of conditions can arise for each one. If you were interested in learning about the 7 chakras because you're dealing with a physical issue, then this topic was of key interest to you! While not everyone holds that the chakras are real, or that they govern some physical conditions, those that do swear by this outlook on physical health.

Next, you discerned how emotions can be just as impacted as your physical health, if not more so. You went through each chakra one by one, learning EXACTLY what attitudes and emotions a blockage could produce. Why was this helpful? This allowed you to pinpoint where the problem lies, and the next step was to learn how to fix it.

Thus, you added knowledge about how to unblock the chakras to your toolkit so that you could restore balance to any unstable chakra in your

system. The idea is that when the blockage is removed, the negative physical and emotional impacts will begin to dissipate as well.

Finally, you saw the positive side of the equation, covering the beneficial effects which healthy chakras can generate. Rather than simply fixing a negative emotion like hate and bringing your emotional equilibrium to neutral, you saw that you could push it to the positive side into love! This is the fulfillment of the chakra system, allowing you to affect your life in a meaningful way.

So, now is the time to get started truly! Try to incorporate the techniques and information covered in this book into your daily life, as even the most useful tool isn’t helpful if it sits on the self. You can refer back to this series whenever you need to, as you begin your journey of using the secrets of the 7 chakras to create a more satisfying and fulfilling life!

YOU ARE IN A WONDERFUL WORLD

MINDFULNESS
GUIDE TO AWAKENING

PERSONAL GROWTH
POSITIVE THINKING

SELF-ESTEEM
CONTINUOUS IMPROVEMENT

AURORA GADHATTA

Introduction

It is no secret that we are living in a society that is fast-paced, stressed out, and often stretched far too thin. Every day, people are finding themselves growing more frustrated, overwhelmed, and distressed by the lives that they are living. For many, the idea of a solution seems hard-pressed or nearly impossible. “That’s just the way it is,” they say, as they go about their lives, continually building on their already-enormous levels of stress and driving themselves to the ground day after day. For many, the idea of a life that could be anything other than borderline miserable seems like a far-off dream that will probably never come true.

In our society, people live for the weekends. They do the things that they “have to do,” and they burn themselves out time and again, never fully allowing themselves to recover and recuperate in between. For many, the symptoms of stress build on each other until the individual eventually becomes so ill from the stress they have placed on their body that they can no longer participate in normal day-to-day activities. Our society’s standard way of approaching life is dysfunctional, at best.

These days, everyone seems to be searching for the best answer as to how they can change their approach and begin to enjoy life in a more wholesome, enjoyable, and powerful manner. People want to know how they can step away from the daily grind and begin to feel at peace and empowered in their lives, rather than at the mercy of their to-do list and their busy schedules. They are searching for answers, and many are finding solutions. Like you, right now, reading this book is a way to find a solution.

One of the best solutions that we can turn to when it comes to healing ourselves from the stressors of everyday life in modern society is mindfulness. Mindfulness allows us to awaken to the world around us, recalling what truly matters and setting our priorities straight when it comes to approaching life on a daily basis. When we begin to use mindfulness daily, it teaches us to slow down, look within, and take the necessary efforts to cultivate happiness, peace, and joy within ourselves. Through mindfulness, we essentially turn ourselves into the change maker of our

own lives, directly giving ourselves the power to change the narrative of the lives we are living so that we can tell a story that better suits the very fibers of who we are and who we wish to be.

Over the next nine chapters, we are going to spend time together, learning, growing, and healing. You might find yourself laughing at times, crying at others, or simply going “oh” as you discover new pieces of information that can help you change the entire outlook of your life, forever.

If you are here feeling skeptical about the power of mindfulness, trust me when I say that you are not alone. Thousands of people just like you have found themselves here before, searching for an answer and questioning whether or not they have found one that is good enough for their needs. When they discover mindfulness, many think it is too good to be true. They are worried that if they put all of their hope into one answer, they might be painfully let down and that they could find themselves feeling worse than they did when they started on this journey. I want to tell you that it’s not too good to be true. It is a well-known fact in psychology that mindfulness helps us improve our ability to manage stress, approach life in a more enjoyable way, and live better lives overall.

The key is to understand that mindfulness takes time to develop and that you have to put the necessary effort to achieve a state of mindful living. If you truly want to see your life transform, you are going to have to flex your mindfulness like a muscle and tap into it again and again until it becomes your natural, automatic response to the life that is happening all around you. Through this consistent practice, you will find relief from the stressors and struggles of everyday life.

If you are ready to begin putting in the effort to make the transformation in your own life, it is time for us to begin! Please, as you approach this journey, be gentle with yourself. Be patient with the results that are coming, and trust that your continued efforts are going to provide you with wonderful, magical results as you go. Be honest with yourself; take it at your own pace. Most of all, have fun learning about this new process that is going to change your life as you know it. Let’s begin.

Chapter 1
How Mindfulness Supports Personal Growth

Before you can really tap into using mindfulness as a tool to help you grow, it is important to know *how* it helps you. In my experience, many people struggle to gain support or relief from something if they cannot understand why or how it is meant to be helping them in the first place. Spending some time learning about this part of your mindful journey is going to help you appeal to the logical part of your brain that likes to answer the questions "why?" and "how?" Once you have appealed to this part of your brain, you will be able to dig deeper into the experience of mindfulness itself, allowing you to gain everything that it has to offer.

As you read through this chapter, take the time to understand why mindfulness is going to be so powerful for you. I encourage you to read through this chapter with an open mind so that any skepticism or worries that you might be facing right now can be reasonably answered and addressed, allowing you to approach the rest of the journey with the open-mindedness that is required for you to succeed.

What Is Mindfulness?

Mindfulness has become somewhat of a buzz word in the past decade or so, and with good reason. This particular way of life is one that has the power to help alleviate an entire society of the stresses and woes that we have found ourselves facing each day in our lives. That being said, it is important to remember that mindfulness is a real, valid, and helpful tool that can support you in having a higher quality of life. Mindfulness is not meant to be a trend that you engage with for a few weeks, see some placebo effects from, and then give up on. Unlike other fads that rise and fall in our society, mindfulness is a real, useful tool that can help you change your life.

Beyond that, mindfulness is not something that is challenging to achieve. In fact, your brain already engages in mindfulness every single day. However, the chances are you have not yet taught yourself to use

mindfulness in a way that it can serve you, so instead, it is working against you. In other words, rather than becoming mindful, which can actually support you in leading high quality of life, you may be mindfully aware of the things that are preventing you from having a good life. So, you end up fixating on the things that are not capable of helping you live your best life, thus causing you to feel worse at the end of every single day.

Mindfulness naturally happens every single time you notice the color, shape, or appearance of something. When you notice where a certain sound is coming from or what is causing a certain sensation in your body, you are engaging with mindfulness. Each time you pay attention to the taste of your food or the smell around you, you are being mindful. So, as you can see, you are already amazing at being mindful.

Mindfulness, at its core, is a behavior that we engage in when we become *mindful of something.* In other words, any time you become conscious or aware of something, you are giving it your full attention. This means that you are mindful of it. This is an extremely simple behavior to engage in since your brain is already doing it.Now, you just need to teach your brain how to master it in a specific way so that you can begin leading high quality of life.

What Does Mindfulness Do?

When we engage in a state of mindfulness, we purposefully relax our brain and allow it to focus on just one thing at a time. During this time, our goal is not to judge or react to something, but instead to become aware of what it is. Creating this awareness helps us begin to have a more relaxing, peaceful acceptance of our reality, which has been shown to provide us with positive outcomes in terms of how it nurtures us both psychologically and physically.

The psychological and physical benefits that we gain from mindfulness are not just a placebo effect, either. Mindfulness actually creates real, identifiable changes in the brain that result in a tangible, physical foundation for these psychological and physical changes to occur. In 2014,

there was a study done where researchers took images of people's brains both before and after they engaged in a deep mindfulness session. They studied people who were new to mindfulness, as well as those who had been engaging in mindfulness meditation sessions for a long period. What they found was that the people who engaged in mindfulness, both as beginners and intermediate practitioners, had a greater sense of self-awareness around their thoughts and emotions. They also had more awareness of their body, particularly around their sensory experiences through their sensory cortices and insula. Their hippocampus, which was responsible for memory, was also more active and functional, so was their ability to practice self-regulation and emotional regulation. Finally, those who regularly engaged in mindfulness also had better communication between parts of their brains, which means that their bodies functioned better overall.

Physically, mindfulness does plenty as well. The people involved in the study were also found to have lower reactivity to stress, including lowered blood pressure and lowered heart and respiratory rates. These individuals engaging in mindfulness were also more likely to activate their parasympathetic nervous system, which is responsible for "rest and digest" mode, rather than their sympathetic nervous system which is responsible for "flight or fight" mode. This activation directly contributes to many physical changes in the body, including lowered cortisol levels, lowered C-reactive proteins, and lowered interleukin 6. These characteristics help individuals by lowering their risk of blood pressure disorders, heart irregularities, chronic fatigue, insomnia, digestive disorders, reduced fertility, mental health issues, and even diabetes.

This study was not the only study that proved these findings. Hundreds of studies have been done over the past two decades, and they have consistently proven the same findings when it comes to mindfulness. People who engage in mindfulness actually change physically that, over time, the entire trajectory of their lives changes as well.

How Will Mindfulness

Support Personal Growth?

Mindfulness is the practice of turning your focus toward something intentionally. Often, a core element of mindfulness practices involves observing your own perception of the experiences that you are having in your life. For example, a popular mindfulness experience is to eat a raisin slowly so that you can become mindfully aware of what the experience of eating a raisin feels like for you. The result is that you become more aware of yourself, including your unique way of experiencing the world around you.

This increased self-awareness and ability to understand how you experience the world around you helps you identify what your patterns are, as well as your strengths and weaknesses and how various experiences make you feel. Through this, you can identify opportunities for you to engage in self-growth or personal development by identifying areas in your life where you can improve your response to what is happening around you. For example, let's say that you find yourself getting extremely stressed out about work every single day to the point where it is causing you to feel overwhelmed and frustrated about the general topic of work. You know that you cannot afford to quit your job, so you must stay, leaving you feeling as though there is no viable solution for the way you are feeling on a day to day basis. Of course, this is not entirely true. By engaging in mindfulness, you can begin to become aware of what parts of your career are leading to this enormous level of stress; then you can mindfully choose a new approach that will support you to feel less stressed around the topic of work. Perhaps your new approach includes physically approaching situations in a different way, such as improving your organization skills or your punctuality skills. Or maybe, your new approach includes you mentally approaching situations in a new way by perceiving them differently, either by putting less pressure on them or by offering yourself the opportunity to see a way that they could be more manageable.

Arguably, personal growth cannot truly happen without mindfulness because, without it, we would have no idea what needs focus in terms of our personal growth efforts. Self-awareness caused by mindfulness is the first step to an effective personal development or personal growth strategy, which means that developing your mindfulness will only further improve your personal growth efforts.

How Long Do I Have to Be Mindful?

Many people confuse mindfulness with meditation, which is why questions like this tend to be common for people who are just beginning to embark on their mindfulness journey. As we will discuss in Chapter 4, there are some fundamental differences between mindfulness and meditation, including what they are and how they work. While they do work together to create a full experience, they are not the same thing.

This means that mindfulness itself is something that you actually want to experience as often as you possibly can. While it may not be feasible to think that a person could be mindful every minute of every day, it is reasonable to think that we can stop and have frequent mindfulness checks that will allow us to continue to behave in a mindful way.

It might sound overwhelming or unreasonable to try to live your life mindfully as often as you possibly can, especially if you are someone who does not currently live in a state of mindful awareness on a regular basis. Trust that the process of cultivating your mindfulness will happen at the right pace for you, and as it begins to grow and integrate into more of your day to day life, it will come naturally to you. The idea of being mindful or mindfully questioning your life experiences every time something significant happens to you will become more reasonable, and you will do it more consistently.

Each time you engage in mindfulness, your brain changes, as you now know. This means that your brain will naturally begin to respond to things in your life more mindfully, even when you are not actively thinking about it. It seems like a contradiction, especially because mindful awareness means that we need to be aware of our mindfulness, but it will become somewhat of a habit for you. You will find yourself naturally engaging in a mindful state of *awareness* every single time that it is needed, allowing you to tap into it as often as possible. This will allow you to live your best quality of life and have your best experiences going forward.

Chapter 2
Transforming Your Thinking Patterns

The very first step in becoming more mindfully aware and awakening yourself through the power of mindfulness is to transform your thinking patterns. Your thinking patterns are responsible for virtually everything in your entire life, as they determine the part of your life that you are going to become aware of. Your thought processes help you identify what you think is important in your environment, cultivate an opinion around what it is, and then determine what reaction or response you are going to have to that stimuli.

Learning how to become mindfully aware of your thoughts allows you to transform your thinking patterns, which will lay the entire foundation for you to begin experiencing a more mindful life. This is where your mindful approach to personal growth will come in. It is where you will find yourself immediately making changes in the way that you perceive and experience life, and it is where you will begin to witness the unfolding of your personal awakening.

Transforming your thinking patterns will take effort, self-awareness, and willingness to commit to your mindfulness journey every single day. Understand that transforming your thinking patterns is a unique experience for everyone, so some people might find it to be frustrating or overwhelming, and others might find it to be rather simple. How the experience will feel for you depends entirely on your patterns and experiences in life itself. There is no right or wrong length of time or amount of effort that it would take to create your transformation in the way that you think. Likewise, there is no reason to think that any amount of time or effort involved is either good or bad. Instead, they are simply personal experiences that you are enjoying in your life as you work toward having a better experience overall.

In this chapter, we are going to cover the steps that it typically takes to help you mindfully change your mind so that you can begin engaging in healthier thinking patterns. Understand that this is a guide, so you might

find yourself requiring alterations to the approach that you must take for your personal change. Again, there is no right or wrong, bad or good approach to creating these transformations. Take this guideline, enforce it in your own life, and then allow yourself to begin identifying where it is working and where you can adapt it to help give you the best results. Through this approach, you will learn massively about yourself, the way that you experience the world around you, and the way that you can successfully work with yourself to have the best possible life experience.

The Process of Habitual Thinking

Our thoughts, like most things in our lives, form as more of a habitual experience than anything else. In its natural state, our brain likes to make everything as efficient as possible so that it consumes as little energy as possible. This is intended to support our survival, as the less energy our brain consumes, the more energy can be used in other areas of our bodies, such as digesting food or simply going through the physical motions of day to day life. It also reserves a fair amount of energy for those moments where we need a sudden burst in energy, such as when our fight or flight response needs to kick in to help us get across the street faster or make clearer and quicker decisions during an important meeting.

Your brain's habitual thoughts are determined based on your previous experiences and what has worked for you in the past. Your brain creates these thoughts by identifying a trigger that seems to stimulate a similar thought response every single time. For example, let's say that you find unicorns to be particularly interesting, and you find joy every time you see a unicorn picture printed on things. Every time you see a unicorn t-shirt, your brain is going to recall the fascination that you had with the image and respond with a thought along the lines of "hey, that's cool. I like that." Eventually, you are not even going to notice the fascination of your thoughts anymore. Instead, you will just have an immediate response of "hey, that's cool. I like that." This way, your brain does not have to go through the entire decision-making process of deciding whether or not you actually like the shirt again, which can require you to identify and process a large amount of information. Instead, it skips the entire decision-making

process and jumps straight to the memory of you determining that you liked unicorn images in the first place.

This does not just happen for cool things, as you know. This response process happens to everything in your life, regardless of what it is or what response it is stimulating. This means, in many cases, your responses of joy, anger, frustration, irritation, happiness, excitement, fear, sadness, and other responses are often stimulated as more of a habit than an actual mindful experience. This does not mean that you do not experience new or mindful emotions or thoughts at any point in your life, but it does mean that many of the emotions and thoughts that you are going to experience in your life will be habitual.

Also, in many cases, your new thoughts are going to be determined by an alternative habit that you have when it comes to how you think about things in your life. For example, let's say that you tend to have a pessimistic outlook, and you find that you regularly complain about things and that you find yourself often identifying the worst in new situations that you are facing. In this case, if you were to face a new situation in your life that you had never experienced before, complete with new thoughts and emotions, you would still respond to that situation in a habitual way. That is, you would look for the worst in the situation and would likely find something to complain about right away. In this case, while the content of your thoughts and emotions were not habitual, the way that they were formulated was.

Identifying your thinking habits is key to helping you transition away from habitual thinking processes to mindful ones. This way, you can identify what your natural response or pattern would be, and you can then choose a new response to the pattern that will serve you better in the long run. The mindfulness part of the experience comes in. By helping you identify when the unwanted or unhelpful habits were triggered, as well as understand how you can implement and integrate the new habit that is also beneficial and more desirable, you transition to mindfulness.

A great way to begin identifying your habits so that you can begin to make changes is to keep a thought journal. Many people who are engaging in a mindful journey use a thought journal as a way to track the nature of

their thoughts, the habitual thoughts that they are experiencing, and the way that they tend to respond to new information. This way, they can quickly discover what their thought patterns and habits are on a regular basis, helping them to identify a new and more plausible way forward. Keeping a thought journal yourself will help you identify where your thoughts are supporting you and where they are causing you to struggle so that when you are ready to begin mindfully changing your thoughts, you know what it is that you want to change in the first place.

Setting the Intention and Being Patient

After you have identified where your thoughts are not serving you, it is up to you to decide how you want to adapt your thinking behaviors so that you can have a healthier thought pattern. In other words, you need to decide how you want to change the nature of your thoughts and how you want your changed mind to look like. This is not only going to give you a clearer goal on how you want to approach your new thinking patterns, but it also gives you a clear set of guidelines on how you should adjust your thoughts as you move forward. This way, each time you have a negative and unhelpful thought, you know what to do in order to modify it to become a positive thought that is more beneficial to your well-being.

Setting the intention of the type of new thought processes you want to have starts by understanding how you want to feel and how your thoughts contribute to your feelings. On a very basic level, thoughts trigger emotions by helping us identify important parts of our environment or experiences that can stimulate an emotional response. For example, if you walk into a home and think, “wow, this is comfortable,” you are likely to begin feeling at ease and calm in your experience. However, if you walk into a home and think, “wow, this is overwhelming and messy. I feel unsafe,” you are likely going to begin feeling uncomfortable and possibly anxious around the situation that you are in.

The best way to set the intention as to how you want your new thoughts to look like is to determine what you want to feel. Since your thoughts stimulate certain emotions, choosing the emotions that you want to feel as a result of your new thinking process can help you identify the guideline for

how you will proceed. In the long run, taking this approach saves you energy, which means that you are appealing to the part of your brain that wants to make everything as efficient as it possibly can. This saving of energy occurs when you realize that in each new situation, you do not have to pick a brand new way of thinking. Instead, you just need to consider how you can align your thoughts to produce the emotions that you desire to feel.

After you have determined how you want to feel in each situation, the thinking part will come into alignment naturally. That being said, it has to *come into* alignment. It will not immediately be aligned in the sense that every time you have a new thought, going forward, it becomes perfectly aligned with your brand new way of thinking. You will find that it takes several attempts for you to get it into alignment and begin to think along your new desired way of thinking naturally and habitually. As you continue to focus on your goal and work toward it, you will discover that the alignment happens naturally and, eventually, it is completely in place.

To help yourself forward with these intentions, you *must* practice patience. If you are not patient with yourself, you may reinforce old, unhealthy thinking habits or even create new ones because you teach yourself to be unkind, impatient, and forceful with your changes. In the end, this will not help you change anything; it will only lead you to feel more frustrated. The biggest key to cultivating more patience in your transformation experience is to create more trust in yourself and the process. Trust that each time you begin to engage in mindfulness, you are going to find yourself naturally engaging in it easier the next time around and commit to experiencing changes in your mindfulness as much as you can reasonably handle every single time. It will continue to improve as you move forward.

Challenging Your Automatic Process

When it comes to the process of actually transforming your thoughts, you are going to need to have a strategy in place. This strategy is going to help you transform your thoughts the moment you begin to have unwanted or unhelpful thoughts, allowing you to conduct the transformation process effectively. Without a strategy in place for you to enact anytime you have

these unhelpful thoughts, it will be difficult for you to create change because you will find yourself consistently engaging in these negative thoughts despite knowing that you want to approach them differently. Although you may be able to become aware of them and make subtle changes, making any real, lasting change will be challenging because you may not be equipped with the right tools to make changes that will stick in the long run.

The first thing that needs to be changed whenever you find yourself mindfully becoming aware of a thought pattern that you need to modify is changing the way that you perceive each thought. Remember that just because you think something, it does not mean that it is the absolute truth or that there are no other thoughts, opinions, or judgments that you can hold about the said topic. A great way to begin the mindful process is to challenge every single thought that you have, especially when you become aware of the fact that they are not helpful thoughts for your mental health.

Challenging your thoughts gives you the opportunity to determine whether or not you truly believe in what you are presently thinking, and if that thought is actually true. When you ask the two most important questions to challenge your thoughts, you set yourself to decide if you want to continue thinking in the way that you have been. If you decide that you do not, then you can begin to engage in your transformation to choose a better approach to your thought patterns.

The first question you need to ask is: “do I genuinely believe in this?” If you have a thought and you do genuinely believe in it or the angle that it has taken on, this does not mean that it is absolutely true. This just means that you feel it is true based on the current information that is available to you. If you have a thought, and you do not genuinely believe in what it is about, then you know that there is room for you to educate yourself on an alternative way of thinking. You can then begin looking into those alternative ways and finding a different way of thinking that you can genuinely believe in. This way, you are not staying committed to a thought that you do not ultimately believe in.

The next question you need to ask yourself is, “do I know this to be true?” For this question, you want to think about knowledge outside of yourself. In other words, do you have fact-based, scientific-based, or other strong evidence that suggests that your thoughts are, in fact, true? If you do not know it to be true, you know that you may need to do more research to identify whether or not you are actually correct. If you do know for a fact that what you are thinking is true, then you know that you have a strong thought that can support you in certain situations.

Let’s look at two examples where these questions are used—one where they support the original thought process and one where they help the individual transform what they are thinking. This way, as you begin to engage in using these two strategies, you can feel confident that you are using them effectively.

For the first scenario, let’s say that you have a thought that drunk driving is bad. This thought is based on what you personally believe in, but it is also based on the fact that you have seen an overwhelming amount of evidence that suggests that people who drive when intoxicated present high risk to other people on the road. In this case, if you ask, “do I believe in this?” and you say yes, and then you ask, “do I ultimately know this to be true?” and you say yes, then you know that the thought that you have about drunk driving is aligned and factual. In this case, no transformation is needed because the way you think about alcohol and driving is already true, and it serves you in what you believe in and what you think.

For the second scenario, let’s say that you have a thought that you are a bad friend because you refused to let your friend drive home after having a few drinks at your house despite knowing that they needed to be home first thing in the morning for an important appointment. Perhaps that friend got angry with you and said rude things to you, making you feel bad about your decision. If you begin to think, “I am a bad friend because of this,” you can then ask yourself, “do I genuinely believe in this?” and your answer will likely be, “no.” Then, you can ask yourself, “do I know that it is ultimately true?” and your answer will likely be, “no” again. Even though you may feel bad for your friend for not being where they need to be on time, you

would realize that you were, in fact, a good friend based on your own standards because you were looking out for the safety of your friend.

Although these two scenarios may seem obvious, there are many less obvious situations you will encounter in your life where it feels a little more challenging to identify whether or not you genuinely believe in your thoughts or know them to be true. For these scenarios, you may have to put more work into identifying whether or not you believe in them or if they are true. This may seem like somewhat of a hassle, but in the long run, it will help you immensely in your mindful thinking because you will feel confident in your thoughts. It will also help prevent you from holding onto thoughts that are ultimately untrue, such as thoughts like, “I am a bad person” or “every time something goes good in my life, something comes along to ruin it.” This way, you can begin to move away from those negative thoughts that were previously causing you to feel miserable and stressed out on a regular basis.

Acknowledging Unhelpful Thoughts

As you begin to challenge your thoughts, you are going to notice that you have many unhelpful and discouraging thoughts. As humans, we have something in our psyche that is known as “negativity bias.” Negative bias means that we naturally lean toward having more pessimistic thoughts because these thoughts are believed to support our survival. In other words, we are more likely to look for the dangers in any situation, whether they are physical, emotional, or mental so that we can prevent ourselves from being affected by those dangers. As we come to learn over time, many of these dangers do exist but are highly unlikely, which means that all the time we invest in worrying about them is ultimately wasted. Since they never come to fruition, we put ourselves on edge, and we grow worried about them for no reason, causing us to experience stress and overwhelming emotions for nothing.

When you challenge your thoughts, you will discover that all your thoughts that are rooted in negativity bias are often unhelpful. Not only do they cause you to spend time overly worried about unlikely dangers, but

they also prevent you from having the capacity to focus on positive things that allow you to have a more positive experience.

The best way to overcome negativity bias mindfully is to allow yourself to become aware of your negative or unhelpful thoughts. You can do this by being honest about having them, as well as actions like denying, minimizing, or justifying these thoughts. These actions are only going to lead you to face more challenges. Being honest about the fact that you have a tendency to think negative thoughts will allow you to search for ways to overcome those negative thoughts and help you move forward.

When you do identify an unhelpful or negative thought, it is a good idea to grab your thought journal and write about it. Write down what the thought is, why you think that you have this thought, and what you think this thought serves you. Gather as much information around these unhelpful or negative thoughts as you can, including the other times that you recall having these thoughts, what may have caused the original thought, and whether or not you think this thought is supporting you. The more information you can gather about these thoughts, the easier it is going to be for you to determine what needs to be done in order for you to transform these thoughts.

Practicing the Art of Non-Judgment

After you have identified what your thoughts are and where they come from, you need to assess them and all of the information relating to them in a non-judgmental way. This means that you are going to develop an understanding of what they are and why they exist without creating an emotional involvement or attachment as to why it is happening. Practicing the art of non-judgment with your thoughts is one of the most compassionate ways where you can develop a stronger sense of understanding around yourself and who you are on a deeper level. This allows you to create a stronger awareness of what has influenced you in the past, why you have certain thought patterns, and how they are affecting and implicating you at present.

Think of this part as if you are looking through the eyes of a detective. Here, you are building a case that identifies what your thoughts are and why they happen. This creates a sort of trail that helps you get to the root cause of unhelpful thoughts while also understanding how they are affecting you in their total capacity in your current life. For example, maybe you have an unhelpful thought that says, “I can never do anything right.” When you put your non-judgmental detective hat on, you might discover that this is ultimately untrue and that you do many things right. Then, you can begin to identify where this thought comes from and what it creates in your life. Maybe after some contemplation, you realize that growing up, you had a critical parent who was constantly punishing you for never getting anything right, even though you were just making typical childhood mistakes. Now, in your adulthood, perhaps this very thought pattern creates anxiety within you and makes you feel too scared to try new things for fear of not getting it right and being punished when the results are not perfect. With this complete understanding of where this thought pattern comes from, you can now take the appropriate action to heal and then transform this thought in a mindful and complete manner.

Accepting and Letting Be

Nearly every thought can be healed through acceptance, letting be, and allowing things to be. When it comes to transforming your thoughts, there are going to be many layers that need to take place in order for you to heal the negative thought pattern completely. You are going to need to become accepting of yourself and the root cause of the thought. You also need to be accepting anyone else involved in your thought pattern and the consequences that you have faced as a result of this thought. You also need to accept the fact that it is going to take time for changes to happen and that there will be uncomfortable experiences or emotions you face while you undertake the transformation process.

When it comes to creating this level of acceptance, the best thing you can do is affirm your acceptance to yourself and the situation that you are facing. As often as you can, say, “I accept that this is how it has been, and I accept that I can now change the way it is going to be going forward.” For example, let’s expand on the thought of “I can never do anything right.” For

this one, you would want to accept yourself for the thoughts and feelings that you felt when you were told that you were not good enough by your critical parent. You would also want to accept your parent and the experience that you two shared in any way that you could. This may not mean accepting their *behavior* , but it could mean that you accept it happened and that it implicated your past and present. Then, you would need to accept that you are having this thought and accept the implications that it has had on your life, including any consequences that you have faced as a result of this thought pattern. Next, you would need to accept that changing this thought is going to take effort and that you are going to have to put in a significant amount of work to begin having newer, healthier thoughts in your life. Once you have completely accepted the situation, you will have mindfully achieved the state of compassion and understanding that you need to be patient with yourself and to support yourself moving forward.

The acceptance phase of any change can be time-consuming, as there is a lot that needs to be accepted. However, it is crucial to put the energy into being accepting of the experiences you have had and the way that they have impacted your thought process, as this will help you have a deeper understanding of yourself and why you think and feel the way you do. This way, as you begin to make your transformations by identifying, choosing, and committing to new thoughts, you learn to be patient and accepting of yourself along the way.

Finding a Harmonious Way of Thinking

After you have become accepting of yourself and the thought-based experiences that you have been having, you are ready to begin identifying a new solution for how you can think going forward. This is where you can take your intentions and begin to identify mindfully a strategy for how you want to proceed with your thoughts. This way, you can identify thoughts that are going to support you to feel more of the way that you want to feel.

Finding a harmonious way of thinking is where you get to choose how you want to think, going forward. This is where you can decide to let go of the thoughts that you have been having until now and choose thoughts that are more supportive of your well-being and the experiences that you desire

to have. For example, if you have been thinking, “I am not good enough,” now is the time to start deciding that you want to think something like, “I am good enough” or “I am capable.”

Choosing your new thought patterns is the first step to finding a harmonious way of thinking. This way, you know what thoughts you want to have more, which becomes the thoughts that automatically comes to your head instead of the unhelpful or negative thoughts that you have been having so far. Once you identify a thought pattern that you want to dominate your mind at any situation, you need to start putting effort into actually transitioning your thought process. This part is easy; all you need to do is constantly catch yourself with your old thought pattern and push the positive thoughts in its place. Do this each time you notice yourself thinking about this particular topic. As you continue to swap your thoughts, you will find that the more desirable thought process begins to feel easier for you to agree with and believe in. It also begins to happen more naturally and automatically, replacing the old, negative thoughts that you were used to having. As this automatic transformation begins to happen, you will begin to see the positive effects of transforming your thoughts to the ones that are more mindful and positive.

Chapter 3
Creating a Strong Foundation for Self-Esteem

Low self-esteem is an experience that many people in our modern society deal with. An estimated 80% of Americans deals with certain symptoms that relate to having low self-esteem. This means that only 20% of the population appears to have a strong sense of self-esteem. With more than two-thirds of the population suffering from low self-esteem, it makes sense that this is something that we need to address and find a solution for.

When it comes to addressing self-esteem, mindfulness is a powerful tool to aid the process. As you learned in Chapter 2, mindfulness can be a major contributing factor in helping people identify what their thought processes are and what mental patterns they tend to experience. It can also help you develop a deeper awareness around how you feel about yourself and the things that you experience in your life. This heightened awareness and understanding can be used to your advantage when it comes to cultivating a strong foundation for you to increase your sense of self-esteem and experience higher levels of self-confidence in your life.

In this chapter, we are going to discuss how you can use your transformed thought processes as a foundation to begin building your higher levels of self-esteem. With this, you will find the opportunity to use your thoughts directly as a way to improve how you feel about yourself and how you see yourself participating in the world around you. Although this does not necessarily mean that you are going to like every single aspect of who you are, it does mean that you are going to have a deeper sense of acceptance and compassion toward what makes you who you are, which makes cultivating higher self-esteem easier.

Become More Realistic

A major flaw in our modern society is the pressure we place on ourselves to become a perfect, superhuman individual. Although social media and the internet has certainly made the experience more challenging, the truth is

that we have been “keeping up with the Joneses” for generations. Humans are naturally competitive, and for many generations, we have learned to use that competitiveness to attempt to force ourselves in becoming better than everyone around us. Unfortunately, all that ends up happening is we find ourselves feeling worse every time we realize that we have a flaw or a weakness that we believe we shouldn’t have. In the end, we find ourselves striving to reach unreasonable standards that we are never going to achieve because they are completely unrealistic.

Even those people who come across as uncaring toward what others think are known for struggling with these types of thoughts. These thoughts of trying to keep up with other people lead individuals to feel as if they are not good enough in many ways. Ultimately, they become hard on themselves in trying to force themselves to keep up with others. In the end, all we do is stigmatize what it means to be human while alienating ourselves and putting unreasonable pressure on ourselves, leading us to feel bad constantly.

When you allow yourself to become more realistic, you take a large amount of pressure off yourself and give yourself the opportunity to breathe and be human who is imperfect. You allow yourself more room to make mistakes, to accept yourself for your flaws, and to be understanding of your own weaknesses. As a result, you find yourself feeling more at peace just by lowering your expectations for who you are and who you should become. Believe it or not; lowering your expectations and your standards actually make it easier for you to grow, too, meaning, you are doing yourself a favor in many different ways by becoming more realistic.

An easy way to improve your ability to be more realistic with yourself is to ask yourself, “if my loved one did this, would I think less of them?” In most cases, you will find that you are actually not nearly as bothered by lower standards as you think you are. In fact, many people find that they believe people who have lower standards and expectations are happier because they are not working so hard to assume an image or appearance that is unattainable. As a result, they live in freedom, and they feel more comfortable about their life overall.

Stay Present

While you improve your ability to be realistic with yourself about your expectations and experiences, you also need to focus on learning how you can stay present at the moment. Being present is one of the cornerstones of mindfulness, and it lends a great hand to help you improve your self-esteem and experience a more positive, confident, and enjoyable existence.

Being more present at the moment is going to help you in many ways. Primarily, it is going to support you in seeing each experience as an independent experience, rather than lumping them all together in your mind. Remember that your brain loves efficiency, and it will create a habitual way of thinking so that you have an easier time formulating thoughts and opinions about each new situation that you encounter. Although this impulse supports you in being more efficient, it can also lead you to have a more challenging time engaging in mindful thoughts in your everyday experiences. Many find themselves having thoughts where they link a current situation to a situation they experienced in the past, even though the two are not related in any way.

For example, if your friend in high school stole from you, and you find yourself struggling to trust friends going forward, there is a good chance that you are choosing thoughts based on memory rather than present experience. If you were to continue behaving in this way, then you would not be engaging in your relationships in a mindful manner. If, however, you were to identify that this thought came from past experience, you would have an easier time understanding that you were responding to memory rather than the present experience. This way, you could begin to make a thought transformation that would help you accept what happened in the past, and stay engaged at the present moment with more trust, effectively overcoming that negative thinking.

The more that you can stay at the present moment, the more you are going to be able to overcome all thoughts that link you back to your negative memories. This way, rather than remembering every time that someone did something wrong by you or said something mean to you, causing you to feel self-conscious and unworthy in new situations, you can

engage in the new situation with more confidence and positivity. This means that rather than believing that every new person in your life is going to steal from you, think of you as unworthy, or believe that you are in any way “less” than who you should be, you can think that each new experience is just new. As a result, you will leave room for positive experiences, allowing you to enjoy your new encounters more thoroughly and without all of the stress and discomfort that comes from constantly worrying that something bad is going to happen.

Refrain from Judgment or Comparison

Judgment and comparison are two valuable tools that, when used properly, can help you in many different ways. For example, if you want to improve on a skill, you can look at someone who has more experience than you and compare your skills to theirs. This way, you can see exactly where you can improve and what needs to be done in order for you to improve and move toward a higher level of experience and skill. In this case, you are not comparing or judging with the intention to bully yourself into thinking that you are bad or that you have done something wrong. Instead, you are searching for opportunities for you to improve your skills so that you can become even better at what you are doing.

Unfortunately, many people do not use judgment and comparison exclusively for the opportunity to encourage themselves to improve. Instead, many use judgment and comparison as a way to prove that they are not good, worthy, or capable enough of doing something good in their lives. As a result, they find themselves feeling worse every single time they engage in judgment or comparison.

As you begin to move forward with the intention of mindfully improving your self-esteem, it is important that you learn to do so in a way that is free of toxic judgment and comparison. You need to learn how to look at other people or other people’s actions without feeling like you are less than anyone else. Even if your skillset is lower or you have a weakness where other people have strength, this does not mean that you are not good enough or capable of the same activities. This does not mean that you are not worthy enough to be as loved or respected as they are. This is where

realistic thinking can come in handy, too. The more that you think realistically, the more you are going to realize that you have plenty of qualities to be proud. You have more room to grow but not in a bad or negative way. Instead, you can grow as humans do, which is the realistic way.

When you do find yourself judging or comparing yourself against others according to your unrealistic standards, stop and engage in thought transformation techniques. Ask yourself if you ultimately believe that they are worthy of being judged or seen as less in any way, and follow that critical thought all the way to the end. In virtually every scenario, I guarantee that you will come to believe that the person you were initially judging does not deserve that judgment and, instead, deserves the benefit of the doubt and acceptance of who they are.

Be Mindful of Your Presentation

If you will recall, I mentioned previously that our emotions are the product of the thoughts that we have based on our environments. So, the way that we perceive our environment shapes the way that we think, thus shaping the emotions that we feel when we are in any given situation, such as entering a messy house that makes you feel stressed out as opposed to entering a cozy house that makes you feel comfortable. This experience can actually be used to help stimulate higher feelings of self-confidence and self-esteem by creating an environment or an experience where you are able to create thoughts that produce these positive feelings. Constantly practicing this fosters a higher self-confidence and self-esteem. The process of doing so is called “biofeedback.”

Biofeedback essentially means that you create a physical experience that stimulates a specific thought, thus triggering a specific emotion. For example, when you are stressed out, and you go home and apply a face mask or drink a cup of hot tea, you are engaging in biofeedback by letting your body know that everything is okay. As a result, your perception of the present experience is that everything is okay, so emotionally, you are able to relax. This exact process can be used to encourage virtually anything, including heightened self-esteem and self-confidence.

When you are using biofeedback to improve your self-esteem and self-confidence, the best way to do so is to be mindful of your presentation. Psychologically speaking, we are largely impacted on a mental and emotional level by the posture we hold, the way that we dress, the way our faces look, and the way that we command the space that we are in. People who lack self-esteem and self-confidence often try to minimize their presentation in every way possible by displaying shrunken postures, wearing clothes that are ill-fitting to hide parts of them, keeping their faces neutral or as happy as possible, and taking up as little space as possible. Even just engaging in one or two of these behaviors can be indicative of low self-esteem, which can create negative feelings at certain times.

Instead, you want to improve your self-esteem by changing the way that you present yourself. You can do so by carrying a strong, tall, and confident posture where you keep your back straight, your shoulders down, and your head held high. At the same time, keep a facial expression that makes you feel most confident, and do not be afraid to use your facial expressions while communicating, as this helps improve your self-esteem and self-confidence about how you carry yourself when engaging with others. You also want to make sure that you are commanding your space, rather than trying to take up as little space as possible. Do not be afraid to let your elbows take up room when you are eating, to sit in a way that feels comfortable, and to keep your feet shoulder-width apart. The more that you command your space, the more confidence you are going to feel in the situation that you are partaking in. Finally, make sure that you dress in a way that makes you feel confident, too. This does not mean that you have to dress according to someone else's standards or in a way that makes someone else see you better than the way you are. Instead, you want to dress in a way that makes you feel confident because this is the approach that will help you be your best self.

The more that you learn to command your space, hold your body in a strong and confident manner, use your facial expressions, and dress in a way that makes you feel confident, the more you are telling yourself that you deserve to be confident and happy with yourself. As a result, biofeedback goes to work, and you find yourself having improved levels of self-esteem and self-confidence. As you continue to present yourself

mindfully in this more confident way, you will find that it becomes easier for you to feel a heightened level of self-confidence and self-esteem, even when you are having a particularly challenging day.

Learn to Relax More

When it comes to creating a higher sense of self-esteem, a great tool that you can take advantage of is relaxation. Each day, we are exposed to a large amount of stress in, which means that many people are living in a chronic state of fight or flight mode. If you do not take the time to create relaxation in your life, intentionally and mindfully, you struggle to create a state of inner peace, which results to feeling as if you are always stressed out, even when there seems to be no reason to be stressed out. Existing in this state can lead you to feel on edge and overwhelmed all the time. It can make you feel as if you are excessively aware of what is going on around you. This means that you are more fixated on everything, making it easier for you to judge, complain, and generally feel negative about everything that is going on around you. It also leads you to become hyper-aware and conscious of what you are doing and how other people are looking at you. This means that you notice every “strange” look or glance you receive from other people. To make it short, this entails being stressed out on a regular basis, which can lead you to feel like the entire world thinks something is wrong with you. Sometimes, you feel as if, maybe, they are right.

Learning how to step out of this negativity in your head is crucial if you want to help yourself improve your sense of self-esteem. You need to learn how to relax completely so that you can stop having these highly uncomfortable experiences that lead you to have even lower levels of self-confidence and self-esteem.

Relaxing completely is a behavior that is best done with the aid of mindfulness. Learning to relax completely means that you need to become mindful and aware of how you currently experience stress and what you can do to eliminate the thoughts that bring you stress. This is a great opportunity to use your mindful thinking skills to become aware of what your thoughts are and how they are affecting your mood and stress levels. Then, you can begin to become aware of how your body feels and what

type of stressors you are carrying within your body, allowing you to identify the opportunity to release these stressors.

Begin to Act "As If"

Another thing that you can do to begin improving your self-esteem and self-confidence mindfully is to act "as if." This behavior works for the same reason that biofeedback works, and that is by allowing to carry yourself as if you do feel confident. This sends a message to your brain that you are feeling confident and that you have improved self-esteem, and as a result, you start feeling that way. In addition to paying attention to how you are presenting yourself, you can also choose to pay attention to how you are behaving and acting when you are in new situations. Acting as though you already have a heightened sense of confidence and self-esteem, even if you do not, can help you begin to feel as if you do. Soon, you will begin to behave with that heightened level of self-confidence and self-esteem automatically, and you will not have to put in so much effort to feel this increased sense of confidence.

One good way to act in a more confident manner is to use visualization as a tool to support you. You can spend a few minutes a day visualizing what you want to look like, feel like, and behave if you had increased confidence and increased self-esteem. This would help you get a strong understanding of projecting an image of confidence. Studies have shown that spending just 10 minutes a day invested in active visualization meditation can help you completely change the way that you live your life and the way that you approach the world around you. This happens because you are tricking your brain into believing that you already have acted this way in a real-life scenario since your brain does not actually know the difference between a memory, a visualization, and a real-life experience.

Chapter 4
Meditation and Mindfulness

Oftentimes, meditation and mindfulness are discussed hand-in-hand, leading to many people not realizing that there is actually a difference between the two. This connection might arise due to the fact that there is a form of meditation known as “mindful meditation,” and it is intended to bridge the two so that you can use meditation as a tool to cultivate a deeper sense of mindfulness in your life.

When it comes to awakening through mindfulness and improving your personal growth and self-esteem, understanding how each of these two tools serves you and how they can fit together to serve each other is important. Recognizing when, where, and how each one can be used is going to help you learn which tool is necessary for the job at hand, allowing you to create change effectively in your life in many different ways. Throughout this chapter, we are going to cover what each tool is, when you should use that tool, and how you can use it in such a way that it is going to give you the best results.

The Differences between

Meditation and Mindfulness

The biggest difference between meditation and mindfulness is where your awareness resides when you are using mindfulness or meditation as a tool and how you can use that awareness to achieve a specific result. In meditation, while you use mindfulness to help improve your practice, your primary focus is within yourself. You are focused largely on how you are feeling, what is going on inside of your body, and what thoughts you are having in your mind. Meditation is entirely focused on your experience with the world around you and how that is affecting you. Mindfulness, on the other hand, is external. With mindfulness, you are focusing on how you are experiencing the world as you perceive it, what is going on around you, and how you are being impacted by events or circumstances that are beyond your physical self.

In many cases, these two tools are interchangeable, and you can use both at the same time. In doing so, you allow yourself to turn your awareness both inward and outward, achieving a greater state of understanding of what is going on inside your head and what is going on around you and elsewhere in the world. Having both of these elements in your consciousness helps create a fuller sense of understanding of every area of your life. This way, you can create more mindful and intentional approaches to the world around you.

Everything You Need to Know About Using Meditation

Meditation itself is generally done in a seated or lying down position so that the individual can remain still and focused on their inner world. Virtually every time you engage in meditation, you are also engaging in some degree of inward mindfulness, allowing you to increase your focus on what is going on inside your head. In common meditation practices, your focus is largely on expanding your awareness, creating a state of calmness within yourself, and finding inner peace. You spend your time relaxing, breathing, and being one with yourself so that you can begin to have more integrated and peaceful experience with life itself.

There are countless types of meditation that you can engage in, each with its own set of benefits that can help you in one way or another. If you want to live a more mindful and awakened life, understanding each of these types of meditation and how they work is important. Each meditation type is going to be a tool that you can use at one point or another in your life, so it is worthwhile to understand what they are and when you can use them.

The first type of meditation that you may want to use is known as “breath-awareness meditation,” and it also happens to be the most basic and common form of meditation that you can perform. Breath-awareness meditation helps you relax by allowing you to focus solely on your breath and the way your body feels each time you inhale or exhale. Many people use breath-awareness meditation on a day to day basis as a way to keep

themselves relaxed and more resilient toward stressors and discomforts that life brings.

“Loving-kindness meditation” is another form of meditation that you can practice. This type of meditation allows its practitioners to send love and kindness to themselves, other people in their lives, and the world at large. It also allows you to internalize anything that you currently experience. The purpose of loving-kindness meditation is to teach yourself to have a more loving, kind, compassionate, and understanding approach to the world around you. This is a powerful form of meditation for people who find themselves frequently feeling frustrated, upset, or angry because of the different stressors that they may be experiencing in their everyday lives.

“Mantra-based meditation” is a meditation style that can help you create certain feelings within yourself and your body. Mantras are often chosen by the meditating individual based on their goal of helping themselves create a certain focus or state of awareness within. Some mantras are simple, humming sounds that have been used traditionally for generations as a way to create stillness and calmness within the body. Other mantras are affirmations that the individual chooses to repeat to themselves as a way to help them stimulate more feelings of empowerment, compassion, love, peace, calmness, affection, confidence, beauty, acceptance, or anything positivity that they desire more in their lives.

“Visualization meditations” are used for many reasons, although they are typically used to help people prepare themselves for new or significant life experiences. For example, if you are preparing for an important career meeting that you have been waiting for, visualization can help you prepare yourself for the meeting by giving yourself a clear focus of what you want to accomplish and how you are going to accomplish it. You can also use visualization to improve your skills, socialization abilities, confidence or self-esteem, your happiness, and many other things. You can also use it to attain and maintain overall peace in your life.

“Guided meditations” are used for many different experiences. Its benefits overlap with that of visualization meditations. You can use guided meditation to improve your inner peace, help you sleep, prepare you for

something important, or even to visualize what you want more in your life using a tool called “manifesting.” Guided meditations can be used by following a guided YouTube meditation or audio meditation or by visiting a meditation specialist who can guide you through a live in-person session as you meditate.

When it comes to meditation, you need to be prepared to set aside some time for your meditative experience. This way, you have enough time, energy, and attention to engage in your meditation and gain your desired benefits from it. You should always have an intention or goal when going through your meditation experience, as this will help keep you focused and give you a reason for showing up in your meditation sessions. The reason for meditating for many is as simple as “I want to feel more relaxed right now.” Having a reason for engaging in your meditation helps you create a purpose that you can be mindful of, allowing you to integrate mindfulness into your meditation experience. As a result, no matter what form of meditation you engage in, you will also be actively exercising and strengthening your mindfulness abilities.

Everything You Need to Know

About Using Mindfulness

Mindfulness is entirely focused on your state of awareness and where you place your focus. This includes the practice of meditation itself, but it also includes your everyday life and the experiences that you have about the world. Being in an active state of mindfulness ultimately means that you are focusing on your thoughts, feelings, behaviors, and movements. You are also focusing on how you are affecting the world around you and how the world around you is affecting you.

You can engage in a mindfulness practice anytime, regardless of where you are, who you are surrounded by, and what is going on around you. When you are being mindful, you are paying attention and noticing everything about the present moment, regardless of whether or not you perceive it to be good or bad. This is a powerful state to be in, as it differs from how the average person lives their day to day lives. Most people go

through their lives mechanically and doing everything because they have to and because it is what they have always done. They succumb to their efficient brains and habits, and then they simply engage in these habits over and over again. This way, rather than having to put the energy and effort into actively thinking about what they are doing, they can just do it on autopilot and let their minds be at rest as they go about their day. For a person who is being mindful, this looks entirely different.

When you choose to be mindful, you choose to engage in all of your daily experiences even if you have been doing them for years. This means that you become aware of what you are experiencing, what is going on around you, how you are affecting the situation, and how the situation is affecting you. Creating this active engagement in your present experience means that your mind has the capacity to stay clearly focused on what you are doing, rather than wandering as you engage in life on autopilot. As a result, you live a much more integrated, enjoyable, and present life. You also experience a greater sense of security, comfort, and peace because you can feel confident about every move and decision that you make, rather than doing it all from memory.

It can be challenging for the human mind to find time to engage in mindfulness.According to a study, humans spend roughly 46.9% of their waking hours thinking about things beyond what they are actively doing. This means that you really have to work toward engaging your mind and bringing it back to the present moment so that you can have a more positive, present, and integrated experience in your life. Using mindfulness during your everyday life helps you combat this activity so that you can begin to stay more actively engaged in what you are doing each day.

Just as I have mentioned previously, you want to be using mindfulness as often as you can. The best way to determine whether or not you need to employ mindfulness as a tool actively is to gauge how integrated you are in your day-to-day activities. If you find that you are not overly focused or aware of what you are doing and how you are doing it, then you need to begin practicing mindfulness. This way, you can integrate yourself more deeply, and you can get the most out of the experience. This also reduces the amount of stress that you are feeling mentally and physically.

Bridging the Gap with

Mindfulness Meditation

Bridging the gap between mindfulness and meditation can be done by engaging in a type of meditation known as mindfulness meditation. Mindfulness meditation is a meditation style where the individual focuses their entire session solely on becoming as mindful in the experience as they possibly can. A popular mindfulness meditation style that has been used in many therapies and treatments is known as the raisin meditation, as we have mentioned earlier. This involves eating a raisin with mindfulness. You could do this meditation with any small snack item, ranging from a chip to a chocolate bar, and you can even switch it up between what you are using from time to time if you really want to engage in mindfulness each time. Regardless of what you are going to be eating, however, the meditation remains the same. The goal of mindfulness eating meditations is always eating in the most engaging and active way that is possible. You want to focus on what the food looks like, what it feels like in your hands, and what it smells like. Then, you want to take time to focus on how it feels in your mouth, what it tastes like, and how the texture or taste changes as you begin to chew on that food item. When you swallow, pause to think about how that felt and the lingering taste in your mouth. This eating style engages your mindfulness in every way possible, making it a highly enjoyable, engaged, and integrated experience. The benefit of engaging in mindful eating meditations is that it helps you learn about how you can mindfully become aware of your body and the way that your senses interact with the outer world. This way, you have a clearer understanding of how you experience the world around you and what those experiences tend to feel like for you.

You can also engage in mindfulness meditation using what is known as a body scan or progressive muscle relaxation. In this particular meditation style, your goal is to identify each part of your body and mindfully relax it so that you feel your body more at peace. Typically, with body scan meditations, you will start at your feet and work your way up and then continue until you reach your head. As you do this exercise, you mindfully become aware of each body part along the way, including how it feels and

how you can help it relax more deeply. Engaging in this experience helps you become more mindfully aware of your own body and how your own body feels, allowing you to have a deeper understanding of it. It also allows you to connect with your physical body. When it comes to creating a strong relationship with your body and a deeper awareness of how your body feels and works, this is a powerful practice to use. Having a strong awareness can help you in many ways, including having a deeper understanding of what your body needs in order to feel healthy and comfortable.

Chapter 5
Developing a Meditation Routine

Although meditation and mindfulness have notable differences, using meditation as a part of your mindfulness development is ideal. Meditation is a tool that directly improves your ability to be mindful, so using it on a daily basis or at least multiple times per week can help you have an easier time living a mindful life overall.

Exploring how you can work a meditation routine into your life and what you need to do in order to create a meditation routine that serves your mindfulness is crucial. This way, you can create a meditation routine that is going to improve your awakening further, increase your confidence and self-esteem, empower you, improve your personal growth, and help you feel happier and lighter in general. There are many ways where you can incorporate a meditation routine into your life, so in this chapter, we are going to explore several factors that you can consider when creating your personalized routine. This way, you can design a meditation routine that is going to suit your needs perfectly, allowing you to design one that is really going to help you improve your mindfulness and the quality of your life.

Creating a meditation routine according to your unique needs is not only a great way to create a tool that you can use to create more mindfulness and peace in your life, but it is also a great way to actively use your mindfulness tools to create an experience that is ideal for you. As you create your own routine, you are going to tap into your current mindfulness skills so that you can identify what your needs are, how your meditation routine can best serve you, and what you can do to make it even more powerful and enjoyable. Below, I will walk you through the steps of understanding your own needs and desires so that you can customize a meditation routine that will change your entire approach to life.

Create Your Meditation Goal

The first thing you want to do when it comes to creating your own meditation routine is to create a goal for yourself. In this case, your goal

may be that you want to become more mindful and that you want to create a deeper awareness of the life that you are living. You may make any number of goals, however. You can include goals such as the need to relax more, the ease of navigating daily stress, and better emotional management. Your goal is personal to you, so make sure that you pick something that is truly meaningful to you. This way, you can feel confident that you are creating a goal that is going to help keep your motivation to meditate constantly and improve your mindfulness abilities as you go along your routine.

Choose the Meditation Style That Suits Your Needs

After you have chosen your meditation goal, you need to choose a meditation style that is going to help you reach your goal and meet your needs. Each of the meditation styles that were described earlier is capable of helping you achieve different needs, so it would be a great idea to choose one that is going to help you with a specific goal that you have set for yourself. If you have a goal other than mindfulness, you should also choose to use a form of mindfulness meditation so that you are able to improve your mindfulness in your day to day life. It is important to understand that you can certainly alternate between meditation styles when you are developing a routine for yourself. In fact, for many people, alternating between meditation styles improves their ability to stay mindful of their meditation experience because they are consistently focusing on something slightly different.

Mindfully Work it Into Your Schedule

Once you have identified what meditation style is going to suit your needs, you need to determine how you are going to work your meditation routine into your schedule so that you can engage with it on a regular basis. This is a wonderful opportunity for you to practice mindfulness, as this is a chance for you to determine when you have enough time, energy, and desire to engage in a consistent meditation routine. To do this, sit and consider what part of the day you have the easiest time sitting down to relax and engage in meditation, as this is going to be the time that you want to use for your meditation practice. You also want to consider what part of the day you are uninterrupted by tasks and people around you. You do not want to set aside time to meditate only to be interrupted, especially when you are already deep into the practice. Once you have set the time of day that you think is going to work for you, you want to begin meditating on that schedule every day. If you find that you are not meditating well because of your schedule, like not having enough time as you initially thought or having tasks that chase you despite the time you set aside for yourself, then you can always adapt your schedule to adjust to your needs. Having to do so will only give you the opportunity to know yourself and your needs even better while also having the opportunity to adapt your approach so that you can continue to meditate on a regular basis.

Discover a Way to Make it Better

When you are ready to engage in meditation actively, you need to find ways where you can make it better for yourself. One of the best parts of meditation is that it is largely about you and your desire to feel more relaxed and engaged at the present moment with yourself. This means that you can make it all about you. Before you actually begin to meditate, take the time to understand what you can do to make your meditation even more peaceful. Because you want to improve your mindfulness, a great way to decide how you can make your meditation even better is to consider each of your senses as they are a part of your meditation experience. You want to choose a meditation space where you will feel most comfortable and engaged in your meditation. This could mean sitting at a park and enjoying the cool breeze against your skin while also having a beautiful view and the

sounds of the park, or it could mean sitting in a comfortable room in your home with a soft blanket, burning candles, and gentle music in the background. Use this as an opportunity to get to know yourself better so that you can identify what helps you feel most relaxed and then use those things to improve your meditation experience. This will not only help you meditate better, but it will also help you enjoy the experience even more, which means that you will be likely to continue engaging in the experience.

Engaging Your New Routine

With everything in place, all you need to do is start engaging in your new routine. Early on, many people start with great intentions but then quickly find themselves failing to continue their practice for a number of reasons. It is not uncommon to decide that you are too busy or uninterested in it or that the benefits that you stand to gain are not actually that important to you and what you desire. The more that you engage in your meditation practice, the more that it becomes a habit and therefore, the easier it will be for you to continue your practice. This way, you can stop making up excuses and reasons for not meditating, and you can continue with your practice.

Mindfully Improve it Over Time

When it comes to creating new practices in our lives, it is important to understand that what we think will work for us and what actually works for us are often two different things. As you begin to engage in your meditation practice, you will likely find that certain things need to be altered or adjusted in order for you to have your best possible experience. You might also find that your goal or the reasoning behind your goal can shift over time, as you begin to understand yourself on a deeper level. It is important that you allow yourself to adapt your practice as needed so that you are always engaging in a practice that serves your true needs. Although it is ideal to be disciplined and engaged in the same practice every day, this does not mean that you cannot change the details of the practice to help it better suit your needs.

Chapter 6
Becoming More Mindful in Your Life

Until now, we have placed a large focus on creating an experience of mindfulness from within. Many of the tools that we have covered are focused on creating a deeper sense of self-awareness and self-acceptance so that you can feel more confident in yourself as you go through life. This is important, as the way that you feel about yourself and how you perceive yourself in life largely contributes to how you carry yourself in life, and what you do with your life.

As you improve your self-esteem and increase your self-confidence, you also want to make sure that you are using mindfulness to change the way that you live and experience your life. By incorporating mindfulness into your everyday activities, you give yourself the opportunity to improve your self-esteem further while also giving yourself a wonderful opportunity to enjoy life at an even deeper level. Through this, you will find that you feel better with yourself as a person and in the life that you choose to live. Many find that this is the point where they begin to feel liberated from the stressors of day to day life in modern society because they give themselves the opportunity to enjoy more mental and emotional peace even when surrounded by things that previously created stress.

There are many opportunities where you have to incorporate more mindfulness into your daily life, but we are going to discuss six of them here. These six strategies can be incorporated into every single day of your life so that you have the capacity to live your best life while also making mindfulness part of your "default setting." In other words, the more you can incorporate it into your everyday activities, the easier it will be for you to remember to engage in mindfulness because it becomes a part of everything that you do.

Wake Up and Be Mindful

A great time of day for you to practice mindfulness is upon waking up. When we were children, many of us heard the expression, "did you wake up

on the wrong side of the bed?" This ultimately means, "did you wake up with a bad mood?" And believe it or not, this expression has more weight to it than many of us originally believed it did. When we wake up, our first thoughts can have a huge impact on the way that the rest of our days go. If we wake up dreading the day ahead or feeling upset in any way about our tasks, it can make us feel stressed out and frustrated for the rest of the day. Alternatively, if we wake up feeling refreshed, peaceful, and excited for what lies ahead, we can feel confident that our underlying attitude toward the day will be peaceful, exciting, and with room for curiosity.

You can actually shape your first thoughts of the day by making it a habit to wake up and be mindful right from the moment you open your eyes. You can do so by creating a mindful routine that you engage in as soon as you wake up so that these thoughts are habitual, which means that you habitually wake up in a great mood. An excellent routine that you can mindfully engage in immediately upon awakening includes waking up and expressing gratitude for the thighs you may feel grateful for. You might feel gratitude toward your life, the lives of the people you love, and the activities that you will partake in that day or anything else that helps you genuinely feel grateful. In doing so, you wake up with an attitude of feeling grateful, which means that you are far more likely to feel optimistic, kind, and joyful throughout the rest of the day, all because of one simple mindfulness exercise that you practiced as soon as you woke up.

Be Mindful About Your Routines

Earlier, I mentioned how many people go through their day to day lives on autopilot, shifting from one activity to the next, without much thought, and never fully engaging in what they do. Much of their activities are encoded in muscle memory and habit and do not seem to require them to pay attention or be present in the activity itself. This, obviously, is not a sign of mindfulness and can drastically reduce your ability to partake in mindfulness throughout your everyday activities. Instead, you want to engage in mindfulness by being more actively aware of the activities that

you perform, even if such activities have been part of your routine for a long period of time.

Focus on mindfully bringing your awareness back to everything from how you brush your teeth in the morning to your daily commute and even the way that you eat your lunch at break time. Take mundane, everyday tasks and turn them into mindfulness rituals that you engage in while you go through your daily life, and see just how mindful you can truly become. As you do this, you can also find out if there are new strategies that you can use to make your routines more purposeful, effective, or enjoyable for you each day. This way, you know that everything you are doing is mindful, intentional, and supportive in helping you live your best life possible.

Set Time for a Wandering Mind

As humans, our minds love to wander. We have been daydreaming since the day we were born; we stare into space and allow our minds to be filled with wonderful thoughts, opinions, feelings, and experiences that each of us constantly has. Letting your mind wander is not a bad thing. In fact, daydreaming is healthy and can even improve your overall sense of well-being by minimizing the level of stress that you carry with you on a daily basis. That being said, it is important that you are more mindful and intentional when you let your mind wander so that you do not interrupt important activities with a wandering mind.

A great way to nurture your mind's desire to wander while also keeping it focused when needed is by setting time for a wandering mind. Each day, set time aside for you to sit back and just let your mind roam freely, thinking about whatever you want. Put your phone down, turn off the TV, set down your book, and do nothing but stare at the wall and enjoy a few minutes of silence. As you do, let your mind wander anywhere without trying to influence, manipulate, or judge any of the thoughts that enter your mind as it wanders. If you need to, you can do this every hour or two as a way to give yourself a "brain break," as this may help you be more engaged and focused during your everyday experiences afterward.

Keep Your Activities Short

Our minds are not known for being focused for long periods of time. In fact, studies have suggested that we have our best focus for about 20 minutes, and then after that, we find ourselves losing focus on what we are doing. If you want to improve your mindfulness and allow yourself to be as engaged as possible in everything that you are doing, seek to set the intention of focusing for 20 minutes at a time before giving yourself a brain break by going to the bathroom, letting your mind wander, or drinking a glass of water. Chunking your activities down into shorter bursts and respecting your brain's natural tendency to lose focus after 20 minutes actually improves your ability to stay mindful and focused throughout the day. This way, rather than attempting to force your brain to keep going, you are working with its natural behavior. As a result, your brain understands

what you want from it and has an easier time helping you stay mindfully engaged for each of the 20-minute bursts.

Be Mindful While You Are Waiting

Our society seems to wait a lot. We wait in line, we wait at red lights, we wait for our lunch break, we wait for the workday to be over, and we wait for a lot of things. Waiting is a natural part of life, and even if our society was structured in any other way, we would still find ourselves waiting consistently. That being said, waiting is a great time for you to begin practicing mindfulness and engaging more deeply into the present moment. As you wait for things in life, give yourself time to do a mindfulness check.

A great strategy to use during this time is the 5-4-3-2-1 mindfulness strategy, which helps you become mindful and present in your environment in a fairly short period. You can do this by simply finding 5 things to observe visually, 4 things to touch, 3 things to hear, 2 things to smell, and 1 thing to taste. This way, you engage your entire sensory body into the mindfulness experience as you are waiting. If you want to set yourself up for success with this practice, you can keep a pack of gum or a bottled drink with you whenever you expect that you will be waiting, as this will give you something to engage your sense of taste with.

Choose a Mindfulness Trigger

One great way to improve your mindfulness is by creating a mindfulness trigger. A mindfulness trigger is ultimately a prompt that is going to remind you that you need to engage in mindfulness practice. This way, anytime you see or interact with this prompt, your mind immediately begins to look for opportunities to engage in mindfulness and tune in with the present moment.

Your mindfulness trigger can be anything from a specific color to a specific object, or even a specific time of day. When that trigger is set off, all you need to do is intentionally engage in your mindfulness check-in for a

few moments so that you can train your brain that this is what the trigger is prompting you to do. At first, it will take some effort on your part to remember that this is what the prompt is for and to respond to the trigger properly. However, as you continue to use your trigger to remind you to engage in mindfulness, you will find yourself having a more effective mindfulness practice revolving around your new trigger.

Chapter 7
Powerful Habit Changes for a Better Life

You are now fully aware of just how much our brains rely on habits to get us through our daily lives. You have also come to understand how you can use such habits to help you have a better quality of life by creating habits that are going to help you become more mindful in your everyday existence. Now, it is time for you to understand how you can create, shift, and adapt your existing habits to become even more mindful.

Leveraging your habits as a way to improve mindfulness is a powerful opportunity for you to work closely with your brain's natural tendencies so that you can experience even more mindfulness in your everyday life. When it comes to making changes in your life, especially when it comes to the way that you live your life or the lifestyle that you lead, it is important to know how you can work together with your natural behavior to make those changes last longer. A big mistake that many people make when they are trying to make a huge lifestyle change is that they try to change the very fibers of who they are. In many cases, they even try to change the way their mind and body naturally works, which ultimately fails in the end because it is extremely difficult to go against your natural tendencies. Rather than putting so much effort in changing the way that you are, you can work together with your natural tendencies to create systems within yourself that work more effectively to help you live the life that you desire. These types of changes are easier to make, and they end up being more sustainable and longer-lasting in the long run because they are simple adaptations of the things that you have already been doing all along.

The chances are, you have many habits that influence the way that you live your life and the experiences that you have. We all tend to have habits around the same things in our lives, though what those habits are and how we engage with them vary from person to person. For example, we all have a habit on how we start our day, but the actual details of that habit are different, depending on who you are and the habits that you developed throughout your life. In this chapter, we are going to explore some of these

common habits that we all have and how you can create habits and rituals that are going to suit your needs. As we delve into these things, I want you to remember that the emphasis will always be on adjusting *your* personal habits to suit what you are trying to achieve, rather than attempting to discard your habits entirely and start fresh. Again, adapting what you are already doing will always be more efficient than trying to create entirely new habits from scratch, so do not be afraid to make changes. You might need to adopt a small number of your habits at a time and gradually shift them to become desirable habits in a way that they last long. No matter what you have to do to make these changes work, trust that you are doing it in the right way for yourself. You just have to listen to your body and your personal needs as you go.

Your Morning Habits

All of us have habits that we engage in each morning, right from the minute we wake up and until we officially start our first task of the day, such as leaving for work or class. Your morning habits can have a huge impact on your everyday life, as you already know, so having a strong set of habits that you engage in each morning can help you have a better day by improving your mood and helping you achieve more throughout the day.

Your morning routine is a great opportunity for you to create mindful habits that are going to help you set the rest of your day in positivity. When it comes to creating a mindful morning routine for yourself, it is helpful to consider what needs to be accomplished in order for you to get the most out of your routine. Each person is going to need something different based on what they do every day. For example, if you have a career that starts early in the day and requires high physical exertion, you are going to need to wake up early and have a nourishing routine that helps prepare you for a day of physical work. Alternatively, if you have a career that requires you to work from home, you are going to need to have a morning routine that motivates you to get started so that you can get the job done. Knowing what you need from your morning routine is going to help you ensure that all the elements of your routine are geared toward helping you get started with your day in the best way possible.

Once you know what you need from your morning routine, it is ideal to create an outline of what you would like to accomplish. Be mindful of what you need, the things that you enjoy in your morning routine, as well as the details of your current routine. All these pieces of information will contribute to making good choices when establishing a new routine. With this in mind, consider how your current routine could be adapted to suit your needs and set you up for success for the rest of your day. Then, begin engaging in this routine on a daily basis so that you can start gaining the benefits of this routine and further adapting it to suit your needs and preferences.

Your Cooking and Eating Habits

In our society, cooking and eating have become habits that we do not really think about. In the past, it was customary for everyone to sit down to a home-cooked meal together with the family and enjoy a conversation about how each other's day went and how their day could have gone better. These days, meals are not really thought about in most households, and people do not sit down to enjoy them together like they once did. Furthermore, convenience has become customary in many homes, resulting in people eating low-quality fast foods and convenience-store foods rather than eating healthier home-cooked meals. As a result, eating has become more of a chore than a ritual that people engage in to nourish their bodies and take care of their well-being.

Transforming your own cooking and eating habits to become more mindful is a great opportunity for you to reclaim this part of your day and transform both cooking and eating into a more enjoyable activity. By addressing your cooking and eating habits properly, you can create a healthier lifestyle while also becoming more mindfully engaged in your cooking and eating routines. A great way to get started is to plan out each meal intentionally. As you cook, focus on being fully present in the experience of cooking so that you can truly engage with the activity and enjoy the peace and quiet of the experience.

When you are ready to eat, make sure that you eat mindfully. Consider the mindful meditation with the raisin, as we have discussed before, and do

the same when you are eating the food that you have cooked for yourself. Eat slowly, and enjoy the appearance, smell, and texture of the food.Take your time enjoying every single bite. After you finish your meal, take some time to enjoy how it feels and the aftertaste of your meal. The more that you enjoy each part of the eating experience, the better you are going to enjoy each meal, and the more peaceful you are going to feel in your everyday life.

Your Hygienic Habits

Each of us has to maintain hygienic habits every single day in order to maintain our health. From brushing our teeth and combing our hair to showering and clipping our nails, there are many hygienic habits that we all engage in so that we can take care of our bodies and stay healthy. These habits cannot be drastically altered because they are basic habits, but they can certainly be made more enjoyable so that you have a positive time taking care of your body rather than feeling burdened to look after your well-being.

A great way to begin turning your hygienic habits into healthy, enjoyable habits is to see each experience as one that is devoted to taking care of yourself. People who genuinely enjoy in self-care enjoy activities centered around hygiene because it helps them truly dedicate some non-negotiable time to themselves and the way that they feel. During this time, they pamper their bodies and, as a result, their minds. By giving themselves a few minutes of undevoted attention for the sole purpose of taking care of themselves, one becomes mindful even when it’s as simple as combing the hair. For many people, this is a refreshing opportunity to take care of themselves.

You can make your hygiene habits more mindful by slowing down and enjoying them more thoroughly. Use this as an opportunity to get to know your body and spend more time properly looking after your body and appreciating it and yourself for all that you are. Rather than rushing through a habitual process that may or may not still fit your hygienic needs, slow down and make sure that each part of the process is being done properly and is thoroughly satisfying your body’s needs. You will probably find that

the deeper you can immerse yourself into this self-care practice, the more relaxed you are going to feel, in addition to feeling satisfied with your self-care activities. This stems from slowing down and listening to your body, which means that it has time to work out naturally and release any stress or anxiety. Furthermore, you can take advantage of biofeedback at this point and use relaxing self-care practices that teach your body that it is safe to feel comfortable and relaxed, which will naturally help ease up any stress or anxiety that you may be experiencing.

Your Work Habits

We all have habits revolving around our working experiences that contribute to how we show up to work, how we partake in our daily activities, and how we complete the stuff that we are expected to complete on a day-to-day basis. When it comes to your work habits, knowing what your habits are and how they are serving your success is important. For many people, unless their habits have been addressed and they choose to create healthier habits for their work-life mindfully, they find themselves actually creating and engaging in habits that are likely to hold them back from achieving any significant level of success in their career. This is because the mind craves efficiency and slacking certainly seems to be the most efficient way to make it through the day without exerting too much energy or expecting too much from ourselves.

When it comes to your own work habits, it can be hard to admit to yourself whether or not you are slacking at work, especially if you think that you should take pride in the work that you do. That being said, it is important that you are honest with yourself when your behavior is holding you back from achieving greater success in your career. This way, you can begin to create new habits that are going to help you excel and achieve your work goals while also feeling less stressed over your journey to success.

After you have honestly addressed what needs to be done for you to have greater success in your career, you need to begin identifying habits that are going to help you become more successful. These habits could be anything from showing up to work early to starting your daily tasks right away. Good habits can also include putting a greater effort into every report that you

write, completing meticulously every project assigned to you, and submitting the highest quality of work to your superior. As you create these new habits, be mindful of how you are affected by the habits and how they benefit you. Having this mindfulness will help you create new habits that are going to serve you for years to come while also helping you remain engaged in the present moment as you carry out these mindful habits.

Your Hobby and Fun Habits

In our society, a common habit that people have developed is engaging in their hobbies as a way to bypass the stress that they experience in their lives. People binge-watch TV for hours on end, play video games for far too many hours, and obsess over their hobbies and certain forms of entertainment as an opportunity to cope with the stress that comes from work or elsewhere in their lives. While hobbies and fun activities can certainly help lower stress levels, they should not be used to avoid stress. At best, they should be used as a temporary distraction to help you relax before going back to doing the tasks that cause stress to identify a long-term solution and move forward in a more intentional manner.

When it comes to creating habits around your hobbies and the activities that you find to be fun, the first habit that you need to address is the reason for engaging in these hobbies. If you pursue these hobbies and activities to create genuine fun and maintain a healthier state of mind, then there is nothing that you truly need to address or change in your activities. If you are engaging in your hobbies and fun experiences because you are trying to avoid dealing with other more challenging parts of your life, however, you need to address the trigger that is causing you to engage in those hobbies. In this case, you need to create a new trigger that encourages you to engage in your hobbies, as well as a new habit that allows you to cope with stress elsewhere in your life. This way, when you pursue your hobbies and enjoy fun activities, you are doing so mindfully and in a way that allows you to immerse in the experience. This is in contrast to pursuing these activities because you are running away from something else.

Another way to improve your habits around your hobbies is to ensure that you are scheduling a time for these experiences on a regular basis. If

you do not, you tend to find a way to squeeze them in your schedule, even if you do not actually have enough time for them. This results in feeling even more stressed out. Having adequate time to engage in your hobbies and to have fun means that you can fully become present at the moment and enjoy those fun experiences.

Allowing yourself to immerse into your hobbies fully means that you can truly let go of everything else going on in your life and fully engage in the process of fun without feeling like you are avoiding anything in your life. This way, you can be mindful of each step in the process and deeply enjoy the entire experience.

Your Alone Time Habits

The last habit that you really need to address when it comes to creating healthier habits that support your mindfulness would be your alone time habits. Alone time is a vital experience that we all need to have in our lives to give ourselves the opportunity to experience relief from the external world. This is our time to relax, step away from our environment, and simply enjoy spending time alone with ourselves. Although some people claim not to enjoy this, psychologists argue that alone time is crucial in helping us live our lives as fully independent and happy human beings. People who know how to be alone and enjoy that time tend to be happier because they do not rely on other people, things, or circumstances to feel happy.

Creating habits around spending more time alone, doing what you love, and genuinely relaxing away from the rest of the world are all important. Even if you are only spending an hour or two each week doing something that you love, you are nurturing this part of yourself that needs to experience this independence and space away from others. This way, you are able to recalibrate and feel more appreciative and thankful for the people around you. Furthermore, your body and brain have the opportunity to relax fully and release the feelings of overstimulation that can come from spending too much time around other people and stressful activities. As a result, you will feel a lot less edgy and stressed out around other people in

your life when you get to recharge, and you will have an easier time mindfully enjoying the time that you spend with others, too.

When you do engage in this alone time, put effort into making the entire experience about enjoying a more mindful moment. Pay attention to how you feel, your needs, and the activities that you can pursue so that you can thoroughly fulfill your needs and feel a lot more satisfied and less stressed. You might find that, sometimes, your alone time is best spent laying on the couch relaxing, while other times, you might want to go for a walk or get a drink from your favorite café. Your time alone may also be spent reading, playing your favorite game, or just looking at the sky and enjoying a peaceful moment. Regardless of what you need, taking the time to listen to your body and fulfill your needs is going to help you make your alone time more enjoyable while also mindfully using it to destress and create a greater sense of well-being in your life.

Chapter 8
Learning to Declutter Your Life

Our lives are filled with more than we need, and this has only gotten worse as we have matured as a consumerist society. We are constantly bringing more into our lives than we need, which can create a massive amount of stress in our lives. If you have never taken the time to declutter every aspect of your life mindfully, the chances are, you are engaging in a life that has become overwhelmed by too many details.

Part of living a more mindful life is having a purpose or an intention behind everything that you do, everything that you have, and everything that you acquire. The meaning behind why you do something needs to be meaningful enough to validate why you are doing it. If it is not meaningful enough, there is a chance that it is not helping you live your best life, so it is ideal for you to let go of such things, allowing you to have more space in your life for the things that you love and actually matter.

A lifestyle trend to combat the consumerist society and improve mindful living is minimalism, which became prominent in recent years. Minimalism is a practice where people live with as little as they can. Ideally, they live with only what they need to survive and nothing else. This way, they are not holding onto anything in their lives that is not truly adding value to their lives on a regular basis. For the most part, the minimalist trend that you see on various blogs and documentaries are fairly extreme, as they portray individuals with nothing more than a bed, one chair, and one dish for every meal, or something else that is more extreme. You certainly do not have to declutter your life to this extend to feel happy, but it is important to ensure mindfully that everything in your life has a meaning that brings you joy or value in one way or another.

When it comes to decluttering your life mindfully, there are three areas that you want to look at—your environment, your time, and the people you surround yourself with. You want to make sure that you properly declutter all three areas of your life so that you are no longer holding onto anything that is not adding to the quality of your life. In the following pages, we are

going to explore how you can mindfully declutter your life in these three areas in the most effective way possible.

Mindfully Decluttering Your Environment

The area that people most commonly think of when it comes to decluttering anything is their environment. If your environment contains items that you do not need to have, or if you are spending a large amount of time in places that are not helping you enjoy your life, you need to declutter your environment. If you feel that you are not genuinely gaining value from the time that you spend in these areas, you need to let go of them.

When it comes to mindful decluttering, you should always start with the environment that you can physically change. This often includes your home, your car, and your workspace. As you go about mindfully decluttering each of these spaces, you want to make sure that you create the experience in a way that allows you to be mindful the entire time. This means that you should mindfully set aside time where you can address each area of your home, car, and workspace. Set aside as much time as you need in order to achieve a cleaner space. As you go about cleaning your space, make sure that you are present in the moment and that you are honestly considering each element of the space that you are decluttering. Anything that does not bring you joy, add value to your life, or help you live a higher quality of life should be given away or thrown away depending on what it is. Mindfulness is crucial here, as mindfulness will help you honestly determine whether or not you truly want to keep something in your life. If you are truly mindful, you will know that you do not need to keep something just because it was special to you at one time or because it was special to someone else. Instead, you know that anything that does not genuinely add meaning to your life now can be released and can move on to its next home.

Always make sure that as you go through decluttering, you truly pay attention to what matters in your life. It can be easy to get swept away in feeling obligated to keep things or thinking that something has value when it truly doesn’t. Remember that just because you paid money for something, it does not mean that you have to keep that item, especially when you

realize that it is not something important. You are allowed to change your mind or decide that you no longer want or need that item in your life, allowing you to let go of that item for someone else to enjoy. It is not wrong for you to decide that you no longer want to keep something unless it truly matters to you to keep it.

After you have addressed your physical clutter, there is one more element of your environment that you need to address. You also need to be mindful of the places when you are spending your time regularly, including the restaurants you eat at, the stores that you love visiting, houses of your loved ones, and any other physical venue where you spend your time. While you may not be able to change what these venues look like, you can control whether or not you spend any time in them. Honestly consider whether or not you enjoy spending time in these places, and, if you realize that you do not, begin searching for a new place to spend your time. Spending time in places that are overwhelming, uncomfortable, or unenjoyable solely out of habit is something that many people do, yet it makes no sense. Instead, you want to make sure that wherever you spend your time should be a place that provides comfort, joy, and meaning to you. Otherwise, you need to let go of these places and pick new ones.

When you are planning to go out with loved ones or spend time anywhere outside of your home, pause to consider the venue. Are you going to be comfortable there? Do you enjoy spending time there? Will there be any unnecessary stressors that could make the event uncomfortable for you? Be honest in identifying your needs, especially when it comes to enjoying yourself, and do your best to spend more time in places that are comfortable and which create an enjoyable experience. Avoid places that make you feel stressed when you are supposed to be enjoying and relaxing. This way, you can fully immerse into the experience of enjoying yourself and the company that you keep, rather than spending your time trying to make up for the stress that this place brings.

Mindfully Decluttering Your Schedule

Your schedule is another area of your life that you need to declutter. In today’s age, we wield the word “busy” with pride, as if never having time to

slow down and enjoy life or take care of ourselves is somehow a negative thing. This likely stems from the fact that we like to attempt to justify why we are overexerting ourselves, even when it is less than ideal, and an alternative option should be chosen.

Decluttering your schedule is something that should be done on a regular basis to ensure that you are not accumulating more than you can handle in your everyday life. You should also keep a decluttered schedule in mind whenever your boss, for example, asks if you want to add something else to your schedule. This ensures that you are not overextending yourself or stretching yourself too thin just to please other people. Learning how to fill your schedule mindfully and in a way that brings you joy and serves you is important, as this ensures that every aspect of your schedule is worth the energy that you spend.

When you create a new schedule, make sure that you honestly account for everything for that needs to go on your schedule and to-do list. This means that your work, obligations, hobbies, your downtime, and even your bedtime should all be mindfully considered and organized into your schedule so that you are engaging in a day to day experience that serves your well-being. When you mindfully build your schedule in a way that accounts for your needs, obligations, and desires, you ensure that you are leaving plenty of time for everything to get done. This way, not only are you meeting your obligations, but you are also meeting your needs and leaving time for you to enjoy your life, too. All of these aspects of your schedule are important and need to be adequately accounted for so that you can create a schedule that truly brings joy and value to your life.

When you begin to address your schedule, it may be challenging for you at first because you find yourself engaging in old habits around scheduling. You may find it to be challenging to account for your needs, to create enough time for entertainment, or to refrain from willingly giving up your needs in order to fulfill someone else’s needs. All of these are habits that are frequently picked up by people in our society, and this can lead to increased stress and an overwhelming schedule.

A great way to declutter your schedule and keep it that way is to begin exercising strong boundaries when it comes to how you spend your time and what you are willing to invest your time in. Do not be afraid to learn how to say “no” to people who request more of your time than you can reasonably offer. In doing so, you ensure that you are protecting the time that you need to use to keep yourself healthy and happy. If you do find that you have extra time in your schedule that can be used to help someone else or add something else into your schedule, ask yourself if you honestly wish to add this new activity into your schedule. If you feel that adding this new activity to your schedule would bring value or joy into your life, then you can certainly do so. If not, mindfully accept that this is not something that you wish to do, and you should decline the offer. This way, you continue to respect and protect your time and uphold the boundaries that prevent your schedule from becoming decluttered with unwanted activities.

Mindfully Decluttering Your Social Circle

In the age of social media, it can be easy to collect people into your social circle who do not truly need to be there. At one time, social media was intended to be used for us to keep up with the people whom we know, but these days, it seems to be used for much more than just that. These days, people add friends and follow every person they meet, as well as countless people whom they have never met. They keep these people in their social networks as a way to stay in touch with them. While some of these people may actually be your friends, in many cases, some of these are people who you do not enjoy talking to or having a connection with. In addition, they may be people whom you like a lot, but you tend to compare yourself to them, causing you to feel as though you are “less” and unworthy.

Beyond social media, we also tend to do this with our everyday lives, even in person. We keep people around out of obligation rather than desire, as we fear that if we were to remove someone from our lives, we would be seen as cruel or mean in some way. We do not want to hurt anyone’s feelings or create any form of conflict in our lives, and so instead of letting people go from our lives, we continue to keep them around and engage with them even though we do not benefit from the connection.

I’m not saying that everyone in your social circle does not need to be there, but there is a good chance that you are keeping more people around than you need to. Decluttering your social circle can be a healthy way for you to let go of some people who have been taking up space in your life and causing stress or discomfort in any way so that you can have more time for yourself and the people whom you truly enjoy spending time with.

A great place to begin your mindful decluttering of your social circle is directly on social media. Go through your friends list and the list of people you follow. Start weeding out anyone whom you do not truly enjoy engaging with. If you come across someone on your feed, for instance, and you feel rolling your eyes at this person, then you should be deleting that person from your list. Likewise, if you find yourself judging that person or only following them so that you can feel better about yourself and your life, then you should delete that person from your social media account. Removing people whom you do not genuinely connect with and those who do not encourage you to feel better about life in a positive and healthy way is going to clear up your social media pages and make it easier for you to design a social media experience that is more enjoyable. You will realize that as you scroll your new and decluttered feed, you feel significantly better because you are not constantly growing annoyed by the unwanted posts showing up on your newsfeed.

After you have sorted through your social media, you also need to sort through the people in your actual life. When it comes to mindfully decluttering your social circle, it can feel challenging to know how to do it. You might feel like releasing someone from your life requires some form of formal goodbye, where you let them know that you are not spending time with them anymore and that you are moving on with your life. While certain relationships may require a conversation like this, most will not, as they are likely the kind of people, who do not need this level of goodbye from you. The chances are they are just acquaintances or people whom you barely know and can easily be released from your life simply by choosing not to engage with them any longer. As you remove them from your social media and choose to stop spending time with them, you will find that they naturally fall away from your life without any need for confrontation or significant conversation regarding the ending of your relationship. In fact,

for many of these people, they may be feeling the same way about you, which makes it even easier to let go of them from your life when the time is right.

For more personal relationships where you have been closer with the individual, it can be quite challenging to decide how you are going to close out your relationships. For many people, we are not taught how to respectfully and tactfully end relationships in a mindful way that allows us to respect the other person while respecting ourselves, too. Without any clear understanding of how you can end relationships in a peaceful and polite manner, it can feel as if you are being tasked with the most challenging thing in the world, which may be the reason that you continue to maintain this relationship, even though you are ready to end it. In this case, learning how to end more significant relationships with people whom you no longer wish to share a connection with is important.

When it comes to ending relationships that are more significant, there are several steps that you can take to end it in a way that will be more peaceful and less painful for everyone involved. Understand that mindfully decluttering your social circle by ending relationships that you no longer wish to maintain can be more challenging than any other form of mindful decluttering. In these scenarios, you are not just giving away an old pair of shoes or choosing to hangout in a new location. Instead, you are choosing to end a relationship that has been significant and meaningful for you in the past, making it much harder. There are two people involved, and both people have feelings that stand to be hurt in this experience. Ending the relationship properly is important to ensure that it goes as smoothly as it possibly can.

As you end a relationship with someone, whether that is a friendship, a close family relationship, or a romantic relationship, you need to make sure that you commit to honesty and transparency with why you are doing it. You do not want to lie about the reason that you are ending a relationship, as this can lead to an even more uncomfortable and hurtful situation. While you are being honest and transparent, make sure that you are doing so in a way that is polite and considerate. You do not want to end a relationship with rudeness, as this can lead to you to create unnecessary animosity and

emotions, which may also lead to an intense amount of guilt and shame later on. Remember, at one time, this person meant a lot to you, and you were very close, so you need to respect that by being gentle and polite.

After you have a difficult conversation with the individual, you need to commit to keeping the relationship ended. When a relationship has ended, it can be easy for you to start feeling guilty and to feel as though you have to apologize and make up for it and go right back to being in a relationship with the person whom you want to leave behind. Trust that this is just a part of the process of grieving the end of a relationship. You have to allow yourself to feel guilty and in denial. As you work through them, you will eventually find yourself feeling at peace with the situation and having closure from the ending of the relationship. Then, you will be able to grow forward and welcome new and more beneficial relationships into your life.

Chapter 9
Continuing Your Mindful Growth Journey

If you want to develop a mindful life and awaken to your best self, it is important to understand that you are going to be embarking on a lifelong journey, not a one-time fix up that only lasts for a short period. Just because you have come this far in addressing various areas of your life with a mindful approach, it does not mean that your journey is suddenly over. Instead, it simply means that you have effectively begun to lay the foundation for a strong, mindful future that is more aligned with what you desire to experience in your life. If you want to continue to find joy in all the benefits of living a mindful life, you need to educate yourself on how you can continue to live mindfully moving forward.

Until now, you have been guided and directed on how and when you should be engaging with mindfulness. You have been shown the very habits that you need to address, the behaviors that you need to change, and the strategies that you need to put into place in order to live a mindful and awakened existence. Now, you need to learn about how you can identify when a situation calls for mindfulness, how mindfulness can be applied, and what you can do to live your best mindful life possible. In a sense, this is how you are going to take the leap on your own so that you can really live as freely as possible in your mindful life.

It is important that you take the time to develop these skills in your life, as not knowing how to be mindful on your own can lead you to struggle in living a mindful and awakened life. Each of our lives is so drastically different and unique that we are taken on wonderful journeys that are wildly different from the journeys that other people have. If you truly want to be more of anything in your life, you need to learn the important elements of the skill itself and not just how to apply it to specific situations. This way, when you find yourself engaging in a unique situation that you have yet to read about, you can still identify how you can apply that particular skill to that unique situation.

The steps that you are about to learn are going to take you from doing a mindful edit of your life to becoming a mindful master creator of your own life. You are truly going to awaken to your power now and find ways to begin changing your entire experience through your own personal understanding of what mindfulness is, how it works for you, and how you can personally apply it to various situations in your life.

First and Foremost, Get to Know Yourself

If you truly want to master mindfulness in your own life, you need to put effort into getting to know yourself. At the end of the day, if you do not know yourself, you are going to struggle in making mindful decisions regarding your life because you will not know which decision would serve you best. Living your life based on what other people say is only going to result in you living a life that someone else should be living and not your own life. You will end up doing everything based on what your Mom, friend, boss, or cousin would do, rather than what you would personally do. Take time to explore yourself in every way and watch how this changes your life and support you in becoming more mindful. Spend time alone, try new hobbies, listen to different music, watch various documentaries and educational series, read books, and explore new information so that you can get to know yourself even more. This way, as you continue to grow, you will find yourself having an even deeper sense of understanding around who you are and what you can do to honor yourself in every way in your lifetime.

Pay Attention to Your Needs

As you do get to know yourself, get to know what your needs are, as well as what your desires are. A terrible tragedy that most people fall victim to is not knowing what they truly need or believing that their needs are actually mere desires and that they do not have to get those needs met. In the end, they find themselves feeling as though they are rundown afterthoughts of life because they have not honored their own needs.

A great way to get to know more of what you need in life is to ask yourself simply, “What do I need to feel my best right now?” Be honest

with yourself, and do not be afraid to say what you truly need. I can guarantee you that your needs are not too much or too excessive, no matter what you believe. Once you have identified your needs, put effort into addressing them by doing what you need. This may mean adding more time to your schedule for self-care, standing up to someone who has been treating you badly, creating boundaries for yourself, or doing many other things that will help you satisfy your needs. No matter what they might be, you want to make sure that you are effectively understanding and meeting your needs to the best of your ability.

Anticipate How You Will Feel,

Think, and Perceive Life

As you begin to get to know yourself, you will find that it becomes easier for you to anticipate how you are going to feel, think, or perceive something in various different situations, including ones that you have never been in before. Playing around with theoretical thinking is a great opportunity to explore yourself more while also anticipating how you would handle various situations that you might face in your life. The key here is not to assume that you would actually act this way or that you would ever get into these situations in your lifetime. Instead, it is to explore what you might do if you were in these situations.

The more that you can anticipate yourself and your possible reaction to various experiences that you might have, the more you are going to be able to make decisions for yourself mindfully. This way, you will be able to reasonably factor yourself in and consider how you might feel or behave in either scenario, allowing you to choose the one that is going to be most suited to you.

Learn to Make Decisions That Serve You

The more that you get to know yourself and anticipate your own needs, the more that you are going to be able to make powerful decisions that can genuinely help you experience a better life. Anticipating your own needs or desires is an important part of knowing how to make decisions for yourself,

but much more goes into this beyond just anticipating how you are going to feel when it comes to making a decision, one way or another. Learning how to make decisions for yourself mindfully is a skill that everyone should have, and having it for yourself in your life will truly help take you from a mindful person to a masterful mindful person.

There are three crucial steps when it comes to making decisions for yourself. First, you need to know what your goal is in any decision that you are going to be making for yourself. Knowing exactly what it is that you are trying to achieve is going to help you determine the path that will help you achieve that goal. Then, you need to know how to factor yourself into the goal by deciding which path is going to be most helpful to you while also helping you reach your goal. Finally, you need to know how to review the decisions that you have made to determine whether or not they actually helped you get to where you wanted to go. Slowing down to review your own decision-making process and the result of that decision is crucial in helping you discover more about yourself. This also helps you become more mindful of future decision-making experiences.

Begin Doing Things That Matter to You

One of the most wonderful things about being alive in the modern world is having access to so many choices in your life. Being able to make choices for yourself and having options for how you can live your life means that you can create the life of your dreams through your choices. As you face each choice in your life, even if they are as simple as what you want to eat for lunch, make sure that you make choices that matter to you. Choose the things that you like, as well as those that bring you joy and make your life more meaningful. This way, as you go through your life, you feel happy with the choices that you make, and you feel grateful for the life that you create. Through this, you will find that life only continues to get better and better as you go.

Conclusion

Mindfully awakening to a life that you have created just for you is a process that many people will not experience, largely because they do not even know that this is a possibility for them in their lives. You, however, know better.

You know that there is a life of meaning, purpose, and joy out there for you, and you want to tap into that experience and live your best life. You want to feel confident, empowered, and positive in your life, and you want to know that everything you desire truly is available for you in your life. That is why you have chosen to take the bold steps toward mindfully awakening to the best life that you can possibly have. Your desire to experience a life filled with greatness, meaning, and purpose is so strong that you know that in taking these steps forward, you will unlock a level of satisfaction and joy, unlike anything that you have ever experienced before. You know that for you, this is just the beginning of what might be the best journey of your entire life.

I hope that in reading *Mindfulness, Guide To Awakening* , you have learned about how you can mindfully awaken to your best life, improve your self-esteem and self-confidence, and take meaningful steps toward personal growth and development. By learning how you can lay the strong foundation for a mindful life, all the way to how you can carry on mastering the art of mindfulness in your everyday life, I hope that you have gained everything that you need from this book.

As you continue to grow and develop in life, it is important that you always seek to engage in a mindful manner. Continue to take the time to get to know yourself, to understand yourself, and to have a deep sense of compassion and love for yourself. Respect your needs and desires, and teach yourself how you can be your own best friend by being readily available for yourself as much as possible. Learn how to meet your own needs, consider your desires, and design a life that you love so much that each day when you wake up, you feel confident that you are living your

best possible life. Through this, you will also have one of the most meaningful and satisfying relationships with yourself.

When you finish reading this book, I encourage you to spend plenty of time deeply contemplating how you can integrate the tools and techniques discussed in this book. Educate yourself on what it means to be mindful. Place your full focus and awareness on drawing more mindfulness into your life, and be considerate on how you can really use these techniques in your everyday life. The more that you can mindfully integrate these techniques into your life, from having a daily meditation routine to having your own way of boosting your self-esteem or making decisions, the better the outcome of this practice will be.

Remember, mindfulness is a journey that lasts a lifetime, not a one-time edit that is going to change your life forever. Although the steps you have taken here will certainly set the course for life-changing experiences, they are not where your mindfulness journey ought to end. Instead, make an effort to continue being mindful every single day by learning what mindfulness is and how it feels to practice it and then actively applying it to your everyday life. When you commit to living your best life through mindfulness, you will find that it grows easier and that you do not have to put quite so much effort into constantly remembering to be mindful. Instead, it will come naturally to you, and you will be the most mindful person that you can possibly be. Moreover, you will find that the more you practice mindfulness, the more benefits you stand to gain, and the more these benefits will impact your life deeply. It is well worth it to stay committed to these mindfulness practices and grow with them for as long as possible.

Lastly, if you enjoyed reading this book and felt that it supported you in improving your mindfulness in your life while also assisting you with awakening to better life experiences, I encourage you to leave a review on Amazon Kindle. Your honest feedback would be greatly appreciated.

Thank you, and best of luck in stepping into your own mindfully awakened life.